

Lifeguard Training Recert

American Red Cross Blended Lifeguard Recertification Course

This blended learning course combines online learning with in-person skill sessions where you will practice skills and demonstrate competency. Must hold current American Red Cross Certificate. Must attend all classes and complete online work prior to classroom sessions.

Dates/Times: Friday, May 17 • 4-8PM
Tuesday, May 21 • 5-8PM

Requirements

All students must pass pre-swim test. Swim 300 yds continuously with breath control, tread water for 2 minutes using only your legs, swim 20 yds and retrieve a 10 lb brick with both hands. Students who do not pass the pre-test will not be permitted to attend the course.

Course Information

Please plan to complete the initial eLearning lessons before the session. You will receive an email session link for the online portion of your course. Bring CPR mask.

Fees

Member - \$300.00

Non-Member - \$325.00

Class limited to 6 students

Must attend both sessions



**American
Red Cross**

For more information or to register call/visit the Program Desk.

ALLSPORT
health & fitness

www.allsporthealthandfitness.com
#845-896-5678 • 17 Old Main Street, Fishkill, NY