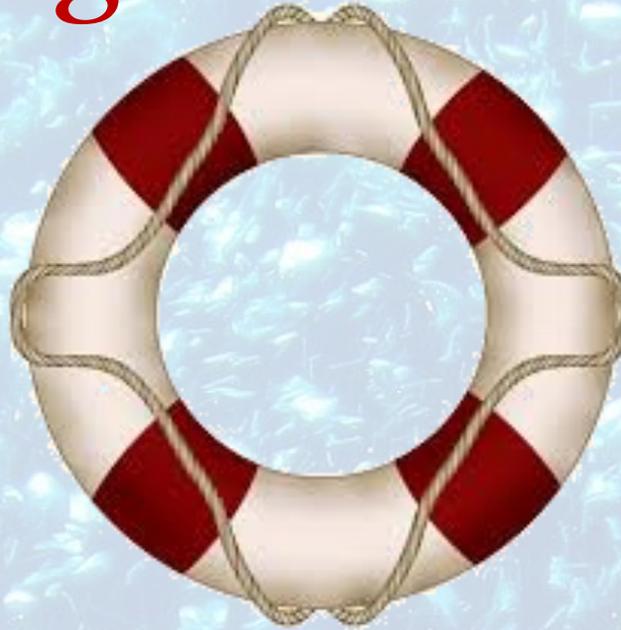


# American Red Cross Lifeguard Review



This course is open to anyone who is currently a certified lifeguard that is looking to renew there certification. Participant will have to pass the pre-course which consists of the following:

- 300 Yard swim
- Treading for two minutes with no hands
- Timed surface dive to retrieve a 10lb object from a depth of 7-10 feet and swim back while carrying it .

**\*\*Failure to complete the Pre-test will disqualify you from participating in the course\*\***

Proof of age and certification is required on the first day of class. Original license, passport and birth certificate are all acceptable forms of Identification.

Course dates:  
Saturday December 3rd  
Saturday December 10th  
10am-4:30pm at  
NBTHS Pool

Resident\$175  
Non-Resident- \$200  
Code- 30313-02

If you have any question please contact  
the Department of Parks, Recreation and  
Community Services at  
(732)-247-0922 EXT 475