

# Lifeguard Training

Become a certified lifeguard through the American Red Cross. Manuals and training materials included. Course includes First Aid, CPR/AED, and blood borne pathogens training for lifeguards.



**Prerequisites: Minimum age of 15 by course completion. Identification required.**

**Swimming Skills: 300 yard swim using front crawl and breaststroke, timed surface dive to retrieve a 10lb. object from a depth of 7-10 feet and a 20 yard swim while carrying it, and tread water for 2 minutes without hands.**

*\*\*\*Failure of the pre-test prerequisites will disqualify you from taking the course\*\*\**

A 50% refund will be issued for participants who fail the pre-test. Participants are required to attend all dates and times and are responsible to attend any make-up classes as determined by the instructor.

**Saturdays May 14 – June 18**

**Pre-Test Thursday May 12 8:30-9:30PM**

**3:00-9:00PM at NBTHS Pool**

**(No Class Saturday June 4)**

**\$260 / Resident**

**\$275 / Non Resident**

Please Call DPRCS at 732-247-0922 x475 for registration information.