

Lifeguard RE-Certificate Training Program

Saturday, June 19 9:00-5:30

Sunday, June 20 9:00-5:30

To be eligible to participate in this lifeguarding review course, participants must have successfully completed an American Red Cross Lifeguarding program with-in the last 4 years and a CPR/AED for the Professional Rescuer within the last 2 years. Proof of this training can be verified by showing your Lifeguarding and CPR/AED Pro-Rescuer certificate. And pass a Prerequisite Skill Test. This course will re-certify lifeguard with the new updated lifeguarding skills and knowledge needed to prevent and respond to aquatic emergencies.

The class will run on June 19 and 20, (Saturday and Sunday) from 9 A.M. to 5:30 P.M. All classes without exception are mandatory.

The LG RE-CTP course fee is \$195 for C.S.C. members and \$220 for non-members. Your registration information needs be accompanied with your payment for the course. Please register online at **cohassetswimcenter.com**

Please include in your registration information: Lifeguard RE-Certificate Training Program

Name: _____ Birth date: _____

Address/town/state/zip: _____

Email: (Print Clearly) _____

Home #: _____ Cell #: _____

We have had an overwhelming response for this program and limited class space. Applicants are accepted on a first come, first serve basis as we receive online registration and payment.

Students should have their own manual and pocket mask for the review. Manual and pocket mask can be purchased through the CSC prior to class. Manual - \$40 and Pocket Mask - \$15.

Prerequisite Skills Test

Swim 300 yards continuously, using these strokes in the following order:

- 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick.
- 100 yards of breaststroke
- 100 yards of either front crawl using rhythmic breathing or breaststroke.

Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to the starting point with the object. Exit the water without using a ladder, with-in 1 minute, 40 seconds.

If a registered applicant does not pass the Prerequisite Skills Test, there is an administrative and testing fee of \$85 we will be unable to refund.

Any questions, please forward them to: **cohassetswimcenter@comcast.net**

Please put in the subject line of your email **RE: Advanced Training**

Lifeguard Certificate Training Program

Monday, June 21 9:00-5:30
Tuesday, June 22 9:00-5:30
Wednesday, June 23 9:00-5:30
Thursday, June 24 9:00-5:30

The primary purpose of the Red Cross lifeguarding program is to provide the entry lifeguarding participants with the knowledge and skills to prevent, recognize and respond to emergencies and to provide the care for injuries and sudden illnesses in and around the water until emergency medical services (EMS) arrive and take over. This course is design for those planning on working in an indoor or outdoor pool environment. Additional training is required for waterfront certification.

The class will run on June 21, 22, 23 and 24 (Monday through Thursday) from 9 A.M. to 5:30 P.M. All classes without exception are mandatory.

The LGCTP course fee is \$295 for C.S.C. members and \$320 for non-members. Your registration information needs be accompanied with your payment for the course. Please register online at **cohassetwimcenter.com**

Please include in your registration information: Lifeguard Certificate Training Program

Name: _____ Birth date: _____

Address/town/state/zip: _____

Email: (Print Clearly) _____

Home #: _____ Cell #: _____

We have had an overwhelming response for this program and limited class space. Applicants are accepted on a first come, first serve basis.

Prerequisites: Minimum age of 15 and pass a Prerequisite Skill Test.

Please Note: The American Red Cross runs the course for the age of 15 and up, however to be a Professional Lifeguard in the State of Massachusetts you must be 16 years of age. This is found in the section of the Mass. State Regs - 105 CMR: Dept of Public Health, Section 435.23: Lifeguards. Which states the age of 16 years of age.

Prerequisite Skills Test - Swim 300 yards continuously, using these strokes in the following order:

- 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick.
- 100 yards of breaststroke
- 100 yards of either front crawl using rhythmic breathing or breaststroke.

Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to the starting point with the object. Exit the water without using a ladder, with-in 1 minute, and 40 seconds.

If a registered applicant does not pass the Prerequisite Skills Test, there is an administrative and testing fee of \$85 we will be unable to refund.

Any questions, please forward them to: **cohassetwimcenter@comcast.net**
Please put in the subject line of your email **RE: Advanced Training**

Water Safety Instructor Training Program

Friday, June 25	9:00-5:00
Saturday, June 26	9:00-5:00
Sunday, June 27	9:00-5:00
Monday, June 28	9:00-5:00
Tuesday, June 29	9:00-5:00

The purpose of this course is to train instructor candidates to teach water safety, including the Basic Water Rescue course, six levels of Learn to Swim and Parent and Child Aquatics.

The class will run on June 25, 26, 27, 28, and 29 (Friday through Tuesday) from 9 A.M. to 5:00 P.M. All classes without exception are mandatory.

The W.S.I. course fee is \$300 for C.S.C. members and \$325 for non-members. Your registration information needs be accompanied with your payment for the course. Please register online at **cohassetwimcenter.com**

Please include in your registration information: Water Safety Instructor Training Program

Name: _____ Birth date: _____

Address/town/state/zip: _____

Email: (Print Clearly) _____

Home #: _____ Cell #: _____

We have had an overwhelming response for this program and limited class space. Applicants are accepted on a first come, first serve basis.

Prerequisites: Minimum of age 16 by end of course. Possess a Fundamentals of Instructor Training (FIT) course. (This is included in the training) Successful completion of pre-course session, consisting of tests of water safety and swimming skills and knowledge.

Prerequisite Skills Test - Must be able to perform these skills:

Must be able to perform at an American Red Cross level 4 swimming criteria the six basic strokes, front crawl, back crawl, elementary back stroke, breast stroke, side stroke and butterfly. Candidate must also be able to float for 1 minute and tread water for 1 minute.

If a registered applicant does not pass the Prerequisite Skills Test, there is an administrative and testing fee of \$85 we will be unable to refund.

Any questions, please forward them to: **cohassetwimcenter@comcast.net**
Please put in the subject line of your email **RE: Advanced Training**