

Lifeguard Challenge

(Full Re-certification)

Sunday, June 19 8:00-6:00

Lifeguard Challenge (Full Re-certification)

A Lifeguard Challenge course is a test of the skills taught in the Lifeguard Training course. Students will demonstrate skills and take a written test to prove competency. No materials will be provided with this course, students will need to bring materials (book and pocket mask) and study in advance. This course is open to anyone who believes they know their Lifeguard skills. This course will also include challenge tests for CPR for the Professional Rescuer, as well as First Aid.

The Lifeguard Challenge course fee is \$150 for C.S.C. members and \$165 for non-members.

Please include in your registration information: Lifeguard Challenge (full re-certification)

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 mailed or online registration and payment. Your registration information needs to be accompanied with your payment for the course. Simply register online and pay by credit card or checks should be made payable and mailed to the Cohasset Swim Center, P.O. Box 132, Cohasset, MA 02025.

Students should have their own manual and pocket mask for the challenge. Manual and pocket mask can be purchased through the CSC prior to class. Manual - \$40 and Pocket Mask - \$18.

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, within 1 minute, 40 seconds.

If a registered applicant does not pass the Prerequisite Skills Test, there is an administrative and testing fee of \$60 we will be unable to refund.

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