



Lifeguard Training Schedule 2023-2024

**Please read through the prerequisites for this course carefully.
You will be evaluated on these the first day of class.
Those not able to perform the tasks will not continue in the course.**

Registration: Call our front desk to register, (508) 366-1222

Purpose

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

Prerequisites

- Swim 200 yards continuously using freestyle and breaststroke
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute-40 seconds.

Length: 27 Hours, 25 Minutes

Instructor

A currently authorized American Red Cross Lifeguarding instructor who has met state qualifications, where required.

Certification Requirements

- Demonstrate competency in all required skills and activities.
- Demonstrate competency in the three final skill scenarios.
- Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

Certificate Issued and Validity Period

Lifeguarding/First Aid: 2 years

CPR/AED for the Professional Rescuer: 2 year

Participants must attend every class.

In-Person portion meets every Sunday for a total of 4 weeks

1. Oct. 15th to Nov 5th 9-2pm
2. Nov. 19th to Dec. 10th 9-2pm
3. Jan 14th to Feb 4th 9-2pm
4. Mar. 3rd to Mar. 24th 9-2pm
5. Apr. 28th to May 19th 9-4pm

Vacation Week Classes meet every day Monday-Thursday

1. Feb 19th - 22nd 12-5pm
2. April 15th - 19th 12-6pm

Cost:

WTSC Members: \$345

Non-Members: \$425