



Aquatics: Lifeguard Training Courses

Westboro Tennis & Swim Club | 35 Chauncy St. Westborough, MA 01581 | 508.366.1222 | info@wtsc.com | thewestboroclub.com

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 300 yards continuously
- Starting in the water, swim 20 yards using the front crawl or breast stroke, 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

- Approximately 25 hours

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 all 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 years

**Must attend every class each session is 5 weeks long
MUST HAVE A MINIMUM OF 5 PARTICIPANTS TO HOLD CLASS**

Course is every Sunday/ 5 week total:

1. Starts/Ends Sunday Jan. 10th – Feb. 7th 12-5pm
2. Starts/Ends Sunday Feb. 14th–Mar 14th 12-5pm
3. Starts/Ends Sunday Mar 21st – Apr 18th 12-5pm
4. Starts/Ends Sunday Apr 25th – May 23rd 12-5pm

Additional classes may be added.

To register, please contact the front desk at 508.366.1222.

Member Rate: \$295

Non-Member Rate: \$375

We are following all CDC and Massachusetts guidelines for youth programs and camps during the COVID-19 pandemic.

Safety Protocols

- Temperature checks and masks are required for all who enter the club.
- ThinkLite Air purification systems have been installed in all areas of the club.
- Continuous cleaning and sanitizing of surfaces and equipment.