

# WTSC LIFEGUARD CERTIFICATION CLASS

35 Chauncy St. Westborough, MA 01581 | 508.366.1222 | wtsc.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

- Ø Swim 300 yards continuously
- Ø 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

- Ø Approximately 25 hours (You must attend every class, each session is 5 weeks long and a minimum of 5 participants to run).

## Instructor

- Ø A currently authorized American Red Cross Lifeguarding Instructor who has met state qualifications, where required

## Certification Requirements

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

## Certificate Issued and Validity Period

- Ø Lifeguarding/First Aid: 2 years
- Ø CPR/AED for the Professional Rescuer: 2 years

## Certification Dates (all classes are from 12:30-3:30pm)

1. Starts/Ends Sunday Sept. 12th/Oct 10th
2. Starts/Ends Sunday Oct. 17th/Nov 14th
3. Starts/Ends Sunday Nov 21/Dec 19th
4. Starts/Ends Sunday Jan 9th/Feb 6th
5. Starts/Ends Sunday Feb 13th/March 13th
6. Starts/Ends Sunday Mar 20th/April 17th
7. Starts/Ends Sunday April 24th/May 22nd
8. Starts/Ends Sunday June 5th/July 3rd

## Vacation Week Classes

1. Feb 21st-25th (daily from 9am-2pm)
2. April 18th-22nd (daily from 9am-2pm)

**Member Rate: \$345**  
**Non-Member Rate: \$425**

If you have any questions,  
please contact: Aquatics  
Director, Brian Doherty at  
bdoherty@wtsc.com

**Registration can be done online or by calling 508.366.1222.**

