



WTSC LIFEGUARD RECERTIFICATION CLASS

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 Hold a current American Red Cross Lifeguard certification
- 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 3 hours (may be more depending on enrollment)

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

Certification Issued and Validity Period

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

Classes (One Day Only from 9am-2pm)

1. Sunday Mar 20th
2. Sunday April 24th
3. Sunday May 22nd
4. Sunday June 5th

Member Rate: \$175
Non-Member Rate: \$250

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.