

Lifeguard Certification & Review Course



American
Red Cross

Orchard Hills Athletic Club
100 Duval Rd. Lancaster, Ma



As we return to life as normal, join us as we plan for the future. Two lifeguard classes will be held to give everyone the opportunity they need to get or keep that dream summer job!

Lifeguard Certification Course

Lifeguarding is a great summer job for people of any age and looks great on a resume/ college application. In class, student will: learn the skills needed to attend to aquatic emergencies inside and outside of the water, enforce rules in a profession matter, and participate and facilitate CPR and first aid care.

Class Format:

Class will be formatted in a blended learning format. Students will be required to complete online work prior to June 8th. From there, the class will work to determine in class times to answer questions, finalize topics, and conduct hands on work.

TIMES AND DATES ARE TBD

Prices: \$325⁰⁰ per student

Lifeguard Review Course

Currently certified lifeguard certifications have been extended until June 15th per the American Red Cross due to the pandemic. Lifeguard review classes reinforce skills taught in the certification course in an abbreviated format. Students **MUST** show proof of certification prior to day 1 of classes.

Class Format:

Class will be formatted in a blended learning format. Students will be required to complete online work prior to June 8th. From there, the class will work to determine in class times to answer questions, finalize topics, and conduct hands on work.

TIMES AND DATES ARE TBD

Prices: 150⁰⁰ per student

Lifeguard Certification Course

Course length: 26-30 hours total - Certification valid for: 2 yrs. Lifeguard/First Aid, CPR/AED. Course is outlined prior to the class; however, the instructor retains ability to alter schedule as needed. Students are expected to do out-of-class assignments prior to each day of class

Prerequisites: Must be at least 15 years old, and pass skills test (detailed below) on the first day of class:

- 300 yards continuous swim using front crawl with breathing and breaststroke
- Timed event: Swim 20-yard swim, retrieve 10lb brick, resurface, swim 20-yard and exit pool
- Tread water 2 minutes using only legs

What to Bring:

- Swimming: Swimsuit, 2 towels, goggles, comfortable clothes
- Lecture: pencil/pen, lifeguard training manual (given out), pocket mask (given out)

This course **is** a blended learning course: Class work must be complete **PRIOR TO** the first day of class There are NO refunds if you do not pass the course. Partial refund available if pre-test is not passed

Lifeguard Review Course

Course length: 10-15 hours total - Certification valid for: 2 yrs. Lifeguard/First Aid, CPR/AED. Course is outlined prior to the class; however, the instructor retains ability to alter schedule as needed. Students are expected to do out-of-class assignments prior to each day of class

Prerequisites: Must be at least 15 years old with a current American Red Cross lifeguard certification (exp. date prior to June 15th), and pass skills test (detailed above) on the first day of class:

This course **is not** a blended learning course: All class work is completed in person. However, students are encouraged to study and review materials outside of class. There are NO refunds if you do not pass the course. Partial refund available if pre-test is not passed

If interested, contact Brent Chesbrough at bchesbrough@ohaclub.com or inquire over the phone at (978)-537-8387 ext. 501