

OHAC February Red Cross Lifeguard Review Course

When	Where
Registration Deadline: 2/22 Feb. 21 11:00-6:00 Feb. 22 1-3 (YMCA Deep Water Work)	Orchard Hills Athletic Club: 100 Duval Rd. Lancaster, Ma; 01523 YMCA (Montachusett Branch): 55 Wallace Ave., Fitchburg, Ma.; 01420

Course Fee: \$150⁰⁰

General information for Lifeguard course:

Prerequisite: Lifeguard Recertification participants must provide proof of valid Lifeguarding, First Aid and CPR/AED for the Professional Rescuer certifications and pass the pre-course:

- 300 yards continuous swim using front crawl with breathing and breaststroke
- Tread water 2 minutes using only legs
- Complete a timed event in 1 min 40 seconds: Swim 20 yards, surface dive and retrieve 10-pound brick, return to surface, swim on back 20 yards, exit water

What to Bring:

- Proof of current lifeguard certification (digital or printed)
- Swimsuit (One Piece Swimsuit only females) & towels
- Goggles
- Comfortable clothes
- Lunch
- Pencil/pen and notebook (optional)
- Pocket mask (provided by students, a new pocket mask can be provided for \$10)

There are NO refunds if you do not pass the course. Partial refund available if pre-test is not passed

Any additional questions; please contact Brent Chesbrough at

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