

# Lifeguard Class

The Hudson High School Pool will be offering an American Red Cross Blended Learning Lifeguard Training course on Sunday mornings beginning March 11 and ending May 13.

All sessions will be from 8:00am until 12:00pm.

Candidates **will not** be allowed to miss any classes.

Course Fee: \$250.00

Tuition Includes:

- Waterfront Lifeguarding, First Aid, CPR/AED, & Bloodborne Pathogen training certifications upon satisfactory course completion
- Pocket Mask
- Whistle

## PREREQUISITES

Minimum age of 15 (proof required).

- Swim 550 yards continuously: 200 front crawl, 200 Breaststroke & 150 either
- Starting in the shallow water, Swim 20 yards using front crawl or breaststroke, 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.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side of the pool
- Tread water for 2 minutes - legs only

**The prerequisite swim will be conducted on February 25 at 8:00am**

Students who successfully complete the prerequisite swim portion will be given instructions on how to register for the class online. Course fee will be due at this time as well. Do not send money prior to passing the prerequisite swim. Submit registration forms prior to 02/25/2018.

**Form may be submitted in person, or may be mailed to:**

**Attn: Pool Coordinator**

**215 Harry Howard Avenue**

**Hudson, NY 12534**

If you have any questions, please contact Mat Leonard at 518-828-4360 ext. 3115 or email HudsonHSPool@gmail.com