

Lifeguard Class

The Hudson High School Pool will be offering an American Red Cross Blended Learning Lifeguard Training course on Sunday mornings beginning March 5 and ending May 7.

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

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

Course Tuition: \$200.00

Tuition Includes:

- Lifeguard, 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 using the Front Crawl and Breast Stroke.

Swim 20 yards, 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.

The prerequisite swim will be conducted on March 5 at 8:00am

Please register online at <https://classes.redcross.org/R/class000000006183911/320045160>

(See instruction sheet also on the school website) <http://hudsoncityschooldistrict.com/athletics/pool.php>

Online registration is non refundable. Students will also be required to submit check, money or money order for \$200 for class fees. Online Registration must be completed before 3/1/17

Please make checks payable to Hudson City School District

Form and money 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