

# Lifeguard Class

The Hudson High School Pool will be offering an American Red Cross Lifeguard Training course on Sunday mornings beginning on March 24 and ending on May 12.

(There will be no class on Easter Sunday April 21).

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

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

Course Fee: \$200.00 for Hudson School District Students. \$250 for Non HCSD Students  
Tuition Includes:

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

## **PREREQUISITES**

Minimum age of 15 (proof required).

- Swim 550 yards continuously using front crawl or Breast Stroke
- Tread water for 2 minutes using on the legs
- 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, exit the water without using a ladder

**The prerequisite swim will be conducted on March 10 at 9:00am**

Students who successfully complete the prerequisite swim portion will be given further instruction through email. Course fees will be due on the first day of class after the prerequisite test.

Submit registration forms prior to March 8, 2019.

To sign up, please use the form by clicking [here](#):

Additional details and questions may be answered in the registration form

If you have any questions, please call/text Mat Leonard at 518-303-2611 or email HudsonHSPool@gmail.com