



Lifeguard Training Course

April 23 - May 16, 2019
Tuesdays and Thursdays
4:30-8:30 PM
Cedarland Aquatic Center
Instructor: Ed Ratyna
(Class limited to 10)



Member Rate: \$300.00
Non-Member Rate: \$350.00

Prerequisites:

- Must be at least 15 years old
- Must be able to swim 300 yards continuously using the following strokes in order:
 - o 200 yards of crawl stroke with rhythmic breathing and a propellant kick (breathing can be to the side or the front)
 - o 100 yards of breaststroke
- Must be able to swim 20 yards using front crawl or breaststroke, surface dive a depth of 7-10 feet, retrieve a 10 pound object, return to the surface, and swim 20 yards back to the starting point with the object. You must carry the object in both hands and keep your face above water when returning (timed-1:40.00).

For more information please contact Stacy Roberts at 978-521-7700 ext 3 or by email at sroberts@cedardale-health.net

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Name: _____

Home Phone: _____

Address: _____

Cell Phone: _____

D.O.B: _____ Email: _____

Member: Yes No

Amount Paid: _____

Desk Initials: _____