

## Waterfront Lifeguard Course Schedule 2020

*To register for any of the Lifeguard Certification classes below, print out the registration form and mail it to the address on the form with TWO CHECKS, one for \$50 (non-refundable) and one for \$400 made out to Green Chimneys.*

*For CPR/AED Recertification Course, please send only one check.*

### Waterfront Lifeguard Certification \$450

#### Course 1A: February 28 – March 2

Friday	2/28	4-7pm
Saturday	2/29	8am-6pm
Sunday	3/1	8am-6pm
Monday	3/2	4-7pm

#### Course 2A: March 20 – 23

Friday	3/20	4-7pm
Saturday	3/21	8am-6pm
Sunday	3/22	8am-6pm
Monday	3/23	4-7pm

#### Course 3A: April 17 – 20

Friday	4/17	4-7pm
Saturday	4/18	8am-6pm
Sunday	4/19	8am-6pm
Monday	4/20	4-7pm

#### Course 4A: May 8 – 11

Friday	5/8	4-7pm
Saturday	5/9	8am-6pm
Sunday	5/10	8am-6pm
Monday	5/11	4-7pm

### CPR/AED Recertification \$120

#### Course 1B:

Saturday	2/29	9am-2pm
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#### Course 2B:

Saturday	3/21	9am-2pm
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#### Course 3B:

Saturday	4/18	9am-2pm
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#### Course 4B:

Saturday	5/9	9am-2pm
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**American Red Cross**  
**LIFEGUARD WATERFRONT TRAINING COURSES**

**2020**

\*\*\*\*\* AT FREEDOM PARK \*\*\*\*\*

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_ Date: \_\_\_\_\_

These American Red Cross Lifeguard Training courses include CPR for the Professional Rescuer, Standard First Aid, Lifeguard Training and Waterfront Module. *Registration is limited.*

**ATTENDANCE FOR EACH CLASS WITHIN THE COURSE IS MANDATORY.**  
**NO RESCHEDULING. NO EXCEPTIONS.**

**Please check which course you are signing up for:**

**COURSE I:**

Wednesday, 6/3/20	6-8pm (Swim Trials)	
Saturday, 6/6/20	9am-3pm	
Wednesday, 6/10/20	6:30-8:30pm	
Friday, 6/12/20	3:30-8:30pm	
Saturday, 6/13/20	9am-3pm	<b>Fee: \$325.00</b>

**COURSE II:**

Saturday, 6/13/20	3-5pm (Swim Trials)	
Wednesday, 6/17/20	6:30-8:30pm	
Thursday, 6/18/20	6:30-8:30pm	
Friday, 6/19/20	4:00-8:30pm	
Saturday, 6/20/20	9am-4pm	
Sunday, 6/21/20	9:00am-12:30pm	<b>Fee: \$325.00</b>

Cancellation Fee: \$180. There will be a refund of \$145 for dropping the class or failing the swim trials. Please make checks payable to: Town of LaGrange

You are registered for the class once we process your payment. We will contact you only if there is a problem. Instructor: Tom Bubel

**Return no later than 5/18/20:** LaGrange Recreation Department  
120 Stringham Road  
LaGrangeville, NY 12540

**Prerequisites:**

15 years old before the final class, proof-of-age required.

On the first day of class persons must swim:

- 550 continuous yards (200 yards each of free swim and breaststroke and 150 yards of one of those two strokes).
- Be able to swim 20 yards with a surface dive to retrieve an object 7-10' deep and exit in 100 seconds.
- Be able to swim 5 yards, submerge and retrieve 3 diving rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side.

Note: Red Cross requires a minimum of 6 people per class. More info contact Sharon Beale, Recreation Dept. at 452-1972. Directions to Freedom Lake: From TSP take Rt. 55 east ¼ mile to first left on Velie Rd. to right on Skidmore Rd. 1 ½ miles to Freedom Park on right.

Camp Hillcroft provides 3-day [American Red Cross Lifeguard Training](#) with Waterfront Lifeguarding module. 2020 Lifeguard Course Dutchess County at Camp Hillcroft is in Lagrangeville, NY, Dutchess County.

Lifeguard Course dates are June 20th, 21st and 22nd 2020. This course is given in a three-day format, including lunch and dinner. Candidates will, arriving early Saturday morning, and finishing Monday afternoon. The course is strenuous; you should be a very strong swimmer, a 550-yard swim is included in the course prerequisites.

**For more information call [223-5826](tel:223-5826)**

**Dates: June 20th, 21st and 22nd 2020**

**Fee: \$450 (includes meals and Life Guard Training Book)**

**Lifeguard Certification Course Requirements (including Waterfront) –  
Be at least 15 years old – must show proof of age**

***Skill Prerequisites –To be completed on the morning of the 20th at Camp Hillcroft***

1. Swim 550 continuous yards using 200 yards of crawl stroke with head in water, demonstrating breath control and rhythmic breathing to the side, 100 yards or breaststroke with rhythmic breathing and a correct, symmetrical kick, and 250 yards (22 laps total in a 25-yard pool) using either of these two strokes. Swimming on the back or side is not allowed. Swim goggles are allowed. Please practice swimming laps before the course!
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits. Swim goggles are not allowed.
3. Complete a timed event within 1 minute, 40 seconds: Swim goggles are not allowed
4. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
5. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.

6. Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
7. Exit the water without using a ladder or steps.
8. Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence. (Total 25 yards, 15 yards is underwater). Swim goggles are not allowed.

**Note: If taking Lifeguard Certification OR Re-Certification only (without Waterfront module):**

**Distance for continuous swim is 300 yards and #4 above does not apply.**