

# Lifeguard RE-Certificate Training Program

Monday, June 16 2:30-6:30  
Tuesday, June 17 9:00-5:30  
Wednesday, June 18 9:00-5:30

## Lifeguard RE-Certificate Training Program

To be eligible to participate in this lifeguarding review course, participants must have successfully completed an American Red Cross Lifeguarding program with-in the last 4 years and a CPR/AED for the Professional Rescuer within the last 2 years. Proof of this training can be verified by showing your Lifeguarding and CPR/AED Pro-Rescuer certificate. And pass a Prerequisite Skill Test. This course will re-certify lifeguard with the new updated lifeguarding skills and knowledge needed to prevent and respond to aquatic emergencies.

The class will run on June 16, 17 and 18, (Monday through Wednesday). Monday from 2:30 P.M. to 6:30 P.M., and on Tuesday and Wednesday from 9 A.M. to 5:30 P.M. All classes without exception are mandatory.

The LG RE-CTP course fee is \$195 for C.S.C. members and \$220 for non-members.

Your registration information needs be accompanied with your payment for the course. Checks should be made payable and mailed to the Cohasset Swim Center, P.O. Box 132, Cohasset, MA 02025. Your reply should be postmarked no later than June 6th.

**Please include in your registration information:** Lifeguard RE-Certificate Training Program

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_

Address/town/state/zip: \_\_\_\_\_

Email: (Print Clearly) \_\_\_\_\_

Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_

We have had an overwhelming response for this program and limited class space. Applicants are accepted on a first come, first serve basis as we receive mailed registration and payment.

Students should have their own manual and pocket mask for the review. Manual and pocket mask can be purchased through the CSC prior to class. Manual - \$40 and Pocket Mask - \$15. If a registered applicant does not pass the Prerequisite Skills Test, there is an administrative and testing fee of \$80 we will be unable to refund.

### Prerequisite Skills Test

Swim 300 yards continuously, using these strokes in the following order:

- 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick.
- 100 yards of breaststroke
- 100 yards of either front crawl using rhythmic breathing or breaststroke.

Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to the starting point with the object. Exit the water without using a ladder, with-in 1 minute, 40 seconds.

Any questions, please forward them to: [cohassetswimcenter@comcast.net](mailto:cohassetswimcenter@comcast.net)