

# Lifeguard Training Course

## Session 1:

June 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
3:30pm-7:30pm

## Session 2:

June 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>  
3:30pm-7:30pm

**\$300 FULL COURSE**

This course is being offered at a significantly reduced cost of \$200 for those committing to lifeguarding at Carver for the remainder of 2021. (must be 16 years old to work for carver)

## Join today!

### Prerequisites Candidates must:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. **Swim 300 yards NO STOPPING** demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds:
  - Starting in the water, swim 20 yards. Swim goggles are not allowed.
  - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back 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.
5. Have access to a computer.

### Certification Requirements Candidates must:

1. Attend the entire course and participate in all class sessions.
2. Actively participate in all course activities, including assuming various roles during scenarios.
3. Demonstrate competency in all required skills.
4. Pass the final skills scenarios.
5. Successfully pass final written exams with a minimum grade of 80%. If a participant fails to reach the minimum 80% on the final written exam, a retest is allowed using the other version of the exam, provided that the participant has passed the practical assessment.
6. Blended Learning: Must have access to a computer and complete all eLearning modules

# LIFEGUARD



### CONTACT INFORMATION:

**GRACE QUINTON**

**AQUATICS DIRECTOR**

**(914) 305-6010**

400 Westchester Avenue

Port Chester, NY 10573