



LIFEGUARDING

....a job so hot, it's cool.
Certification and Re-Certification

Learn how to save lives by becoming an American Red Cross trained lifeguard!

- Earn money and respect
- Have fun



To take the class, you must pass the swim tests:

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl or breaststroke or a combination, but swimming on the back or side is not permitted. Swim goggles may be used.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1:40. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not permitted. Surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a 10-lb 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 to be able to take a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

FULL CERTIFICATION

COST: \$250.00
 (Credit Card, Money Order or Cash)
 Includes Lifeguard Certification,
 First Aid & CPR/AED

SWIM TEST: Sunday, 3/11 4:00pm Boyden Pool

CLASS DATES: Sunday, 4/1, Sunday, 4/15, Sunday
 4/22, Sunday, 4/29

CLASS TIME: 12:00—7:00pm
 ATTENDANCE IS MANDATORY
 FOR **ALL** DATES AND TIMES

LOCATION: Boyden Pool & Classroom

ELIGIBILITY: Open to current UMass students,
 faculty & staff ONLY

REGISTRATION: MUST REGISTER IN ADVANCE
 @ Recreation Center (room 112)

RE-CERTIFICATION

COST: \$175.00
 (Credit Card, Money Order or Cash)
 Must have current lifeguard
 certification or within 30 days of
 expiration

SWIM TEST: Sunday, 3/11 4:00pm Boyden Pool

CLASS DATES: Sunday, 4/15, Sunday, 4/22, Sunday
 4/29

CLASS TIME: 12:00—7:00pm
 ATTENDANCE IS MANDATORY
 FOR **ALL** DATES AND TIMES

LOCATION: Boyden Pool & Classroom

ELIGIBILITY: Open to current UMass students,
 faculty & staff ONLY

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Registration begins Monday, February 13

FOR MORE INFORMATION: www.umass.edu/campusrec 413.545.0022
 or contact the Red Cross instructor James Miller jmiller@northampton-k12.us