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

- Earn money
- Have fun
- Meet great people
- Develop leadership skills
- Gain valuable work experience

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. Goggles and swim cap are strongly recommended for the 300-yard swim (300 yards = 12 lengths/6 laps).
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1:40. Swim goggles are not permitted. Starting in the water, swim 20 yards. The face may be in or out of the water. 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 the starting point with both hands holding the object while keeping the face at or near the surface to be able to take a breath. Candidates are not permitted to swim the distance under water. Place object on wall and exit the water without using a ladder or steps.

LIFEGUARD CERTIFICATION COURSE

COST:
- $285 full certification (credit/debit card or cash only)
- $175 recertification (credit/debit card or cash only)

Includes Lifeguard Certification, First Aid & CPR/AED

FORMAT: Blended (online learning with in-person sessions)

SWIM TEST:
- Sunday, 3/3 4-6pm Boyden Pool (required for full & recertification)

CLASS DATES:
- Sundays, 3/24, 3/31, 4/7, 4/28 (full course)
- Saturday, 3/23 (recertification)

CLASS TIMES:
- See website for specific times

ATTENDANCE IS MANDATORY FOR ALL DATES AND TIMES

LOCATION:
- Boyden Pool & Classroom 051

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

Registration begins Monday, February 4 and ends Thursday, February 28

FOR MORE INFORMATION: www.umass.edu/campusrec 413-545-0022
or contact the Red Cross instructor James Miller james.miller228@gmail.com