Sunday March 4, 2018  Boydon Gym Joseph Roger’s Pool

Pre-Course Required Swimming Test: 4:00 pm - 6:00 pm

Anyone wishing to take this Lifeguarding class MUST pass all parts of this swimming test.

- Swim 300 yards (12 lengths) continuously demonstrating breath control and rhythmic breathing. Candidates may swim 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 place their hands under their armpits.
- Complete a timed event within 1 minute, 40 seconds. Swim goggles are NOT permitted.
  - Starting in shallow 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-pound object. Return to the surface and swim 20 yards on your 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 allowed to swim the distance under water. Place object on wall and exit the water without using a ladder or steps.
  - Copy and view the link below to preview what is expected in the Pre-Course Required Swimming Test.
    https://www.youtube.com/watch?v=2TMAbHMpsB0&t=24s

Waterfront Candidates Additional Requirements: (Course being offered May 19 in Florence, MA)

- Swim an additional 250 yards (10 lengths) for a total of 550 yards (22 lengths).
- Swim underwater 5 yards, in 4 to 7 feet of water, submerge and retrieve 3 sunken objects set 5 yards apart, surface and swim an additional 5 yards. Goggles are NOT permitted.

Blended Learning Information

American Red Cross Lifeguarding Blended Learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Most participants complete the eLearning portion of the course in approximately 7 hours. Your experience may vary widely based on several factors including your PC, internet speed and previous training. You can complete the entire course prior to our first session, present your eLearning certificate at the beginning of your first class. You also have the option to complete lessons as the course progresses. Check the syllabus for eLearning certificates of completions due dates. I recommend beginning the online session as soon as possible to ensure that you are able to log-in and open the Lifeguard blended learning lessons.

Class Dates and Times:

Sunday March 25: 2:30-7:00 pm
Sunday April 8: 10:30 am - 7:00 pm
Sunday April 22: 2:30-7:00 pm
Sunday April 29: 2:30-7:00 pm