UMass Lifeguard Blended Learning Training
Instructor: James Miller james.miller228@gmail.com

Sunday March 3, 2019   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.
  (YOU NEED TO OPEN YOUR EYES UNDERWATER TO LOCATE AN OBJECT)
  - 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 18 in Florence, MA)
There will be an additional charge for this course.
- 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 or complete lessons weekly as the course progresses. You will need to present your eLearning certificate at the beginning of each class. A course syllabus containing all readings, on-line lessons, and completion due dates will be emailed to students who passed the Pre-Course Required Swimming Test.

Class Dates and Times:
(Be on time for classes)
Sunday March 24:  3:00 pm - 7:00 pm
Sunday March 31:  11:30 am - 7:00 pm
  Sunday April 7:  2:00 pm - 7:00 pm
Sunday April 28:  2:30 pm - 7:00 pm