



American
Red Cross

Authorized Training Provider

LIFEGUARD TRAINING OPPORTUNITY

Are you 16 years old, or older?

Are you a strong swimmer who can:

- Swim 550 yards continuously, 11 full laps in a school pool
- Tread water for 2 minutes using legs only
- Starting in the water, swim 20 yards
- Surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object
- Return to surface and swim 20 yards on the back to return to the starting point
- Exit the water without using a ladder or steps

Date: April 18th 9AM-7PM

April 19th 9AM-7PM

April 25th 9AM-7PM

Sponsored by



This course will be taught in a **BLENDED LEARNING FORMAT**. Participants will need to complete a fair amount of online course material prior to the start of the April 18th, 19th and 25th in-person classes. Proof of successful online completion is required in order to participate in the in-person sessions.

All classes must be attended and all requirements must be met in order to obtain certification.

Please plan accordingly for the long sessions and bring any drinks, snacks, food, etc., as scheduled breaks will be given throughout the sessions as needed.

**COST:
\$125.00**

Location: Moriah Central School

39 Viking Lane, Port Henry, NY 12974

Class size is limited to 10 participants!

Don't wait!! Call ASAP to reserve your spot!

Please call by Tuesday, March 31st 2026 to register:

Jeanine Melville - Phone (609) 501-1058