



QUEENSBURY PARKS & RECREATION DEPARTMENT
518.761.8216



American Red Cross 2018 Lifeguard Training
Blended Learning

TRAINING SCHEDULE

Attendance at ALL in-class portions is mandatory.

Needed Materials: Bathing Suit & Towel



Online & Pool Instruction

Online portions: participants will receive web links to access course materials online. Materials must be covered prior to the April 7th In-class/water session.

In-Class/Water: Saturday March 24th,
pre-course session, 9:00 am — 1:00 pm

In-Class/Water: Saturday April 7th & 14th,
skills practice, 8:00 am — 5:00 pm



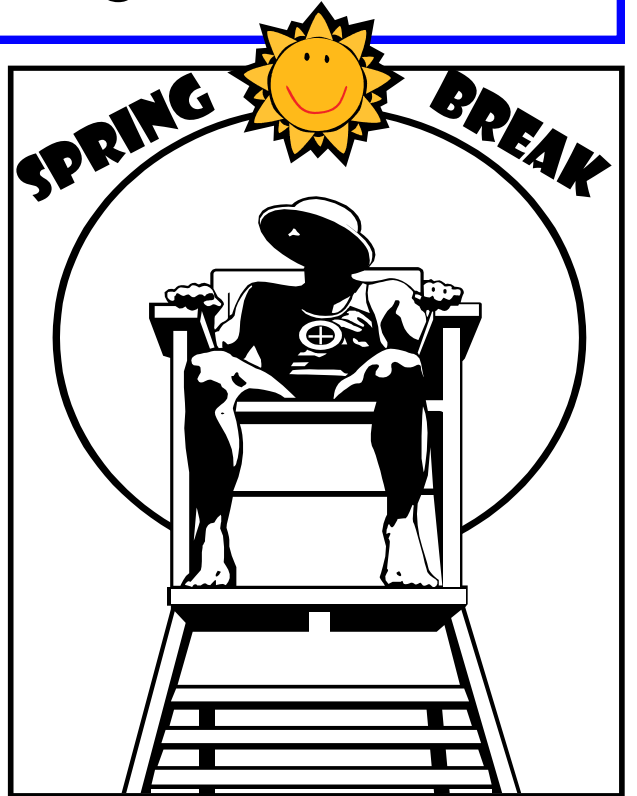
MINIMUM AGE: 15yrs. CLASS MIN: 6 CLASS MAX: 10

FEE: Resident \$250.00 Non-Resident \$275.00
(Includes pocket mask and online text book.)

Registration is limited.

Have questions, call the department at 761-8216

Registration Begins: NOW @
www.queensburyrec.com



Pre-Course Prerequisites:

To be eligible for the Lifeguarding course, the participant must be 15 years of age or before the final session of this course. The participant must successfully complete the following:

1. Swim 300 yards (550 yds for waterfront) continuously using these strokes in the following order:
 - ⇒ 100 yards of front crawl using rhythmic breathing, and a stabilizing, propellant kick.
 - ⇒ 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
 - ⇒ 100 yards of either front crawl or breaststroke. The 100 yards may be a combination of front crawl or breaststroke.
2. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, in 1 minute, 40 sec.



THE DEPARTMENT RESERVES THE RIGHT TO EITHER CANCEL, CHANGE OR ALTER ANY PROGRAM SCHEDULE BASED ON AVAILABILITY OF STAFF, FACILITY, AND/OR ENROLLMENT.