

American Red Cross

SHALLOW WATER LIFEGUARD TRAINING CLASS

\$150

Register online (jccmc.org), in person or by phone. Participants must be 15 years of age by class ending date and be strong swimmers.

ALL CLASS DATES MUST BE ATTENDED.

REGISTER BY FEBRUARY 26th

SATURDAY & SUNDAY,	March 7 & 8:	1:00 pm - 4:00 pm
SATURDAY & SUNDAY,	March 14 & 15:	1:00 pm - 4:00 pm
SATURDAY & SUNDAY,	March 21 & 22:	1:00 pm - 4:00 pm
SATURDAY & SUNDAY,	March 28 & 29:	1:00 pm - 4:00 pm

REGISTER BY MARCH 20th

MONDAY,	March 30	11:00 pm - 4:00 pm
TUESDAY,	March 31	11:00 pm - 4:00 pm
WEDNESDAY,	April 1	11:00 pm - 4:00 pm
THURSDAY,	April 2	11:00 pm - 4:00 pm
FRIDAY,	April 3	11:00 pm - 4:00 pm

REGISTER BY APRIL 3rd

SATURDAY & SUNDAY,	April 11 & 12:	1:00 pm - 4:00 pm
SATURDAY & SUNDAY,	April 18 & 19:	1:00 pm - 4:00 pm
SATURDAY & SUNDAY,	April 25 & 26:	1:00 pm - 4:00 pm
SATURDAY & SUNDAY,	May 2 & 3:	1:00 pm - 4:00 pm

The link for the online PORTION of the training will be sent to you once you have paid for the class. Candidates MUST print out their completion certificates of the online portion and bring it with them to the first in- person class.

Questions about either class?

Contact Laurie lpast@jccmc.org OR 732-494-3232

JCC of Middlesex County 1775 Oak Tree Rd Edison, NJ 08820



Jewish Community Center of Middlesex County
"Community is Our Middle Name"

American Red Cross

SHALLOW WATER LIFEGUARD TRAINING CLASS

Pre-Test 1

- **Jump into the water and totally submerge, resurface then swim 50 yd using the front crawl, breaststroke, or a combination of both**

(SWIMMING ON THE BACK OR SIDE IS NOT PERMITTED!)

- **Maintain position at the surface of the water for 2 minutes by treading water using ONLY legs, floating, or both**
- **Swim 450 yd using the front crawl, breaststroke, or combination of both**

Pre-Test 2

- **Starting in the water, swim 20 yd**

(THE FACE MAY BE IN OR OUT OF THE WATER)

(SWIM GOGGLES ARE NOT ALLOWED)

- **Submerge to a depth of 4 -7 feet to retrieve a 10 lb object**
- **Return to the surface and walk or swim 20 yd on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near surface**
- **Exit the water without using ladder or steps**

(BOTH TESTS NEED TO BE COMPLETED AT FIRST CLASS)