



## **Lifeguard Training Course**

**February 18 - February 28, 2019**

**Monday through Thursday**

**4:00 - 7:30 PM**

**Cedarland Aquatic Center**

**Instructor: Ed Ratyna**

**(Class limited to 10)**



**Member Rate: \$300.00**

**Non-Member Rate: \$350.00**

### Prerequisites:

- Must be at least 15 years old
- Must be able to swim 300 yards continuously using the following strokes in order:
  - 200 yards of crawl stroke with rhythmic breathing and a propellant kick (breathing can be to the side or the front)
  - 100 yards of breaststroke
- Must be able to swim 20 yards using front crawl or breaststroke, surface dive a depth of 7-10 feet, retrieve a 10 pound object, return to the surface, and swim 20 yards back to the starting point with the object. You must carry the object in both hands and keep your face above water when returning (timed-1:40.00).

For more information please contact Stacy Roberts at 978-521-7700 ext 3 or by email at [sroberts@cedardale-health.net](mailto:sroberts@cedardale-health.net)

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Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Cell Phone: \_\_\_\_\_

D.O.B: \_\_\_\_\_

Email: \_\_\_\_\_

Member:      Yes              No

Amount Paid: \_\_\_\_\_

Desk Initials: \_\_\_\_\_