

Lifeguard Class

The Hudson High School Pool will be offering a Blended Learning American Red Cross Lifeguard Training course on Sunday mornings
Classes begin January 29 and end on March 12
All sessions will be from 9:00am until 2:00pm.

Candidates **will not** be allowed to miss any classes.

Course Fee: \$175.00

Students Tuition Includes:

- Waterfront Lifeguarding, First Aid, CPR/AED, & Bloodborne Pathogen training certifications upon satisfactory course completion
- Pocket Mask
- Lifeguard Hip Pack
- Whistle
- Student Lifeguard Manual (Online)

PREREQUISITES

Minimum age of 15 (proof required).

- Swim 550 yards continuously using front crawl or Breast Stroke
- Tread water for 2 minutes using only the legs
- Starting in the shallow water, Swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side of the pool, exit the water without using a ladder

The prerequisite swim will be conducted on Sunday January 29 at 9:00am

Students will only need a bathing suit and towel for this class.

Goggles may be worn during some parts if desired.

Students who successfully complete the prerequisite swim portion will be given further instruction through email. Course fees will be due on the first day of class after the prerequisite test (January 29).

Registration ends January 28, 2023.

To sign up, please use the form by visiting: www.calendly.com/hudsonhspool

Additional details and questions may be answered in the registration form or on our website
www.hudsonhspool.com

If you have any questions, please call/text Mat Leonard at 518-303-2611
or email PoolCoordinator@HudsonHSPool.com