



**American
Red Cross**



Do You Like The Water and Like To Swim?
Would You Like To Be A Lifeguard?

LIFEGUARD TRAINING

Dates and Times: You are required to attend all classes.

4/2 and 4/9* 8am-4pm

4/10 and 4/11 10am-3pm

4/13 9:30am-3:00pm

Make sure you can make the commitment before you register. There are no make-ups.

All classes held at Plainfield Town Pool except on 4/9 class will be held at the Recreation Office

Students must:

- be at least 15 years old
- have strong swimming skills and pass the pre-course the 1st class (see below)
Bring swimming suit, towel, water bottle, snack and notebook/pen

COST: \$50 Plainfield Residents (\$75 non-resident)

Limited Enrollment Pre-registration Required w/payment

At the Plainfield Recreation Office 482 Norwich Road Plainfield

For Information Call 564-1819

Pre-course

- Swim no stop using the following strokes:
 - 100 yards (5 lengths) crawl with rhythmic breathing (face in the water)
 - 100 yards (5 lengths) breaststroke
 - 100 yards (5 lengths) mixture of both
- Swim 20 yards of crawl or breaststroke dive to 7 feet retrieve a 10 pound object and return to starting point in 100 seconds
- Tread water for two (2) minutes with out use of arms