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

LIFEGUARD & JR LIFEGUARD TRAINING 2020

Dates and Times: You are required to attend all 5 classes.
Sun 4/5, Tue 4/14, Thur 4/16, Fri 4/17 (possibly Sun 4/19) 8am-3pm
Mon 4/13 8am-3pm @ REC Office

Make sure you can make the commitment before you register. There are no make-ups.
All classes held at Plainfield Town Pool except on 4/13 class will be held at the Recreation Office

Students must:
- be at least 15 years old for Lifeguard certification class
- Be at least 13 years old for JR Lifeguard certification class
- have strong swimming skills and pass the pre-course the 1st class (see below)

Bring swimming suit, towel, water bottle, snack, lunch and notebook/pen

COST: Lifeguard Class: $75 Plainfield Residents ($100 non-resident)
JR Lifeguard Class: $50

Limited Enrollment Pre-registration Required w/payment
At the Plainfield Recreation Office 482 Norwich Road Plainfield
For Information Call 564-1819

Pre-course for Lifeguard Certification
- Swim non stop using the following strokes:
- 300 yards front crawl with rhythmic breathing (face in the water) and breaststroke
- Swim 20 yards of front crawl or breaststroke dive to 7 feet retrieve a 10 pound object and return to starting point in 100 seconds without goggles
- Tread water for two (2) minutes with out use of arms