



**American
Red Cross**



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

LIFEGUARD & *Junior LIFEGUARD TRAINING 2019

*Must have enough Lifeguard participants to run the Junior Lifeguard portion

Dates and Times: You are required to attend all 5 classes.

Sun 3/10, 3/24, 3/31, 4/7 8am-4pm

Sun 3/17 8am-4pm @ 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 3/17 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: \$60 Plainfield Residents (\$80 non-resident)
\$40 Junior Lifeguard**

Limited Enrollment Pre-registration Required w/payment

At the Plainfield Recreation Office 482 Norwich Road Plainfield

For Information Call 564-1819

Pre-course

- Swim non stop using the following strokes:
- 300 yards crawl with rhythmic breathing (face in the water) and breaststroke
- 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