



American Red Cross Lifeguard Training & Recertification **SPRING 2020 CLASSES!**

The American Red Cross Lifeguarding program gives participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course includes the latest science in first aid, CPR/AED for the Professional Rescuer, emergency cardiac care, as well as the latest lifeguarding rescue skills and safety protocols. There is a minimum age of 15 years old by the last day of the class.

The following pre-requisites must be fulfilled:

- Swim 300 yards continuously
- Tread water for 2 minutes
- Starting in the water, the participant must be able to 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 water without using a ladder or steps within 1 minute, 40 seconds
- No refunds will be given for failure of pre-requisite requirements.
- **All course dates must be attended in order to pass the course, those who are recertifying only need to attend the last day of the course.**

The next courses will be offered:

March 22-26

Sunday 1:00 – 5:00 pm

Monday 4:00 - 9:00 pm

Tuesday 4:00 - 9:00 pm

Wednesday 4:00 - 9:00 pm

Thursday 4:00 - 9:00 pm

April 26-30

Sunday: 1:00-5:00pm

Monday: 12:00-6:00 pm

Tuesday: 12:00-6:00 pm

Wednesday 12:00-6:00pm

Thursday: 12:00-4:00 pm

***All classes will be held at the Dover Indoor Pool**

Erika Friedman

(603) 516-6427

E.friedman@dover.nh.gov

Cost: Full Course \$200

Recertification \$100



**American
Red Cross**