

Swim Fitness Center

To register call:

973.729.3737

Lifeguard

Date:	Site:	Content:
July 8 th (thurs)	Blair Academy 6:30-7:30pm	Water test
July 10 th (sat)	Swim Fitness Center 1-4pm	CPR/First Aid
July 11 th (sun)	Blair Academy 9-3pm	Lifeguard
July 17 th (sat)	Swim Fitness Center 1-4pm	lifeguard
July 18 th (sun)	TBD	lifeguard

Lifeguard Prerequisites

1) The student must be at least 15 years of age by the end of the course. (Birth certificate or drivers license must be presented as proof of age). *Waterfront certification requires an applicant to be at least 17 years of age (NJ Law).*

2) Swim 300 yards continuously, using the following:

i) 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.

ii) 100 yards of breaststroke using a pull, breathe, kick and glide sequence.

iii) 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of the front crawl and breaststroke.

(1) **Note:** There is no time requirement for this skill. The participant must show only that he or she can swim 300 yards using the above strokes without stopping. The purpose of the swim is to demonstrate comfort in the water.

3) Starting in water, swim 20 yards using the front crawl or breaststroke, surface dive 7 to 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.

Notes:

Upon successful completion of the lifeguarding course, each participant will receive two American red Cross universal certificates – one indicating Lifeguarding/First Aid, which is valid for 3 years, and another indicating CPR/AED for the professional Rescuer, which is valid for 1 year.

Course cost is \$225. Students must register with payment in full to receive the books and related course materials and proof of age.

Students are asked to bring writing materials, a highlighter, swimsuit, towel, and goggles. Please wear comfortable clothes and feel free to bring in food and beverages, or money to buy food.

All session dates must be attended for certification.

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Course will be held at Swim Fitness Center, Sparta; deep water requirements will be held at Blair Academy, Blairstown. For further information call 973.729.3737 or 201.317.2952.

Please bring a self addressed stamped envelope with you to the first class for the cards to be mailed.

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Water Safety Instructor

Date:	Site:	Content:
July 6 th (tues)	Blair Academy 7:30-8	Water Test
July 7 th (wed)	Swim Fitness center 6-8pm	Class
July 13 th (tue)	Blair Academy 7-8pm	In Water
July 14 th (wed)	Swim Fitness center	Class
July 15 th (thur)	Blair Academy 7-8pm	In Water
July 17 th (sat)	Swim Fitness Center 1-4pm	Review class
July 18 th (sun)	Blair Academy 9-12pm	Test

Water pretest:

Demonstrate the ability to perform the following swimming skills:

1. Swim the following strokes:

Front crawl (also known as freestyle) - 25 yards

Back crawl - 25 yards

Breaststroke - 25 yards

Elementary backstroke - 25 yards

Sidestroke - 25 yards

Butterfly - 15 yards

2. Maintain position on back 1 minute in deep water (floating or sculling).

3. Tread water for one minute

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