

Lifeguard Training

Become a certified lifeguard through the American Red Cross. Manuals and training materials included. Course includes First Aid, CPR/AED, and blood borne pathogens training for lifeguards.



Prerequisites: Minimum age of 15 by course completion. Identification required.

Swimming Skills: 300 yard swim using front crawl and breaststroke, timed surface dive to retrieve a 10lb. object from a depth of 7-10 feet and a 20 yard swim while carrying it, and tread water for 2 minutes without hands.

****Failure of the pre-test prerequisites will disqualify you from taking the course****

A 50% refund will be issued for participants who fail the pre-test. Participants are required to attend all dates and times and are responsible to attend any make-up classes as determined by the instructor.

March 14-19, 5:30PM-10:00PM at NBTHS Pool

(March 19 8:00AM-12:00PM)

\$260 / Resident

\$275 / Non Resident