



Waterfront Lifeguarding Challenge

When: Tuesday
January 10, 2012
11 – 3:30

Cost: \$65 – member
\$100 non-member

Where: Duanesburg Area Community Center
221 Victoria Dr.
Delanson, NY 12053
895-9500

Limit 10 participants
Course needs to be full to run
Paying at the time of registration will hold your spot in the course

Course Title: Lifeguard Training

Course Description: This 40-hour course includes all of the skills and knowledge material needed to work as a lifeguard. Skills and material covered include: Lifeguarding, Waterfront Lifeguarding and CPR/AED for the Professional Rescuer.

Prerequisites: Course entrance requirements include: Be 15 years of age by the last day of the course. Swim 550 yards continuous (demonstrating 200 yards of front crawl and 200 of breast-stroke). Surface dive, retrieve a 10 pound brick, surface and swim 20 yards while carrying the brick in both hands. Swim underwater while retrieving 3 objects placed 5 yards apart.

Course Notes: Completion requirements include: Attend ALL course sessions. Pass all written tests with a grade of 80% or better. Pass all skills tests.

CPR for the Professional Rescuer Review

When: January 24th & February 23rd
12pm – 4pm

Cost: \$55 members
\$80 non- members

Where: Duanesburg Area Community Center
895-9500

Limit 10 participants
Course needs to be full to run
Paying at the time of registration will hold your spot in the course

Course Title: CPR/AED for the Professional Rescuer Recertification

Course Description: This course is for individuals who need to renew their CPR/AED for the Professional Rescuer certification. This course provides the opportunity for individuals to update their CPR/AED certification without completing an entire course. Individuals should come to the class prepared to be tested on skills and knowledge.

Prerequisites: None

Course Notes: Individuals must pass all practical skills and must pass the written exams with 80% or better.