



Waterfront Lifeguarding Challenge Course Recertification

When: Tuesday
January 5th
9am – 5pm

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

Cost: \$100 Members, \$150 Non- Members (includes book)

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 Recertification

Course Description: The 8- 10 hour course is intended for individuals that need to renew their certification in Lifeguard Training. All skills and written test material (including; Lifeguarding, CPR, AED and First Aid) will be tested in a challenge format (no teaching or coaching). Newly revised skills will be reviewed before testing.

Prerequisites: Course entrance requirements include: Have prior certification in Lifeguard Training. 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: Pass all written tests with a grade of 80% or better. Pass all skills tests.