



American Red Cross

WATERFRONT LIFEGUARD COURSE

This course is designed for those interested in becoming an American Red Cross Waterfront Lifeguard.

Successful completion with a passing grade is required for all of the following areas:

Swimming, Lifeguard Skills, CPR/AED, and First Aid

[Activity #: 110400A] **MUST ATTEND ALL OF THE FOLLOWING CLASSES:**



<u>Dates</u>	<u>Time</u>	<u>Location</u>
May 17*	6:00 pm - 8:00 pm	Central Islip High School
June 2	9:00 am - 4:00 pm	Hidden Pond Park Pool
June 3	9:00 am - 4:00 pm	Hidden Pond Park Pool
June 7	5:00 pm - 10:00 pm	Town Hall West
June 9	9:00 am - 4:00 pm	TBD Beach
June 10**	9:00 am - 4:00 pm	TBD

*On May 17 participants will be asked to demonstrate the prerequisite skills.

Successful completion of the prerequisites will enable you to continue with the remaining class schedule.

Failure will result in being disqualified from the course.

**June 10 if necessary

REGISTRATION FEES: Resident - \$375, Non-resident - \$475

Course Material - TBD - Please bring a blank check with you on the first day of class.



Send completed registration form along with your method of payment to Town of Islip, Sports Office, 50 Irish Lane, East Islip, NY 11730.

Make checks payable to Town of Islip. For more information please call (631) 224-5404.



PREREQUISITES

Must be 15 years old by June 10, 2018

Full participation in all activities is required. Must attend all classes

- Swim continuously for 300 yards
- Tread water for 2 minutes using only your legs
- Starting in the water swim 20 yards using the 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 the water without using a ladder or steps, must be completed within 1 minute and 40 seconds.



You are encouraged to check with your health-care professional before participating in this program.

Angie M. Carpenter, Supervisor

Town Board

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