

City of Newton  
Parks and Recreation Department  
Lifeguard Training Course - 2010

**Days:** Tuesday & Wednesday

**Dates:** March 17 pre-course test, 3/23, 3/24, 3/30, 3/31, 4/6, 4/7, 4/13, 4/14, 4/27, 4/28, 5/4, 5/5 make-up-snow date

**Time:** 6:30 PM to 9:30 PM

**Location :** Newton North High Indoor Pool

**Entrance Requirements:**

Minimum of 15 years of age by May 5, 2010

(Proof of age required first class, Birth Certificate sufficient)

**Pre-Test:** 300 yd continuous swim (crawl, side and breaststrokes only, min 100 yds each)

Tread water 2 minutes using legs only

swim 25 yds, surface dive and retrieve brick from bottom of pool return to start using legs only



**Exit Requirements:**

Successfully pass all required swim tests

Successfully pass all lifeguarding skills

successfully complete with 80% score written exams in CPR, Lifeguarding and First Aid

Attendance at all class sessions is **MANDATORY**

**Books:** Each Lifeguard Candidate is required to have their own set of text, sharing or using another person's text is not allowed by the American Red Cross

**Cost:**

\$180 - Residents

\$225.00 - Non Resident

**Registration Information:**

**Minimum Enrollment:** 6

**Maximum Enrollment:** 30

Registration by mail or walk-in with payment at time of registration You may also register on-line at [www.activityreg.com](http://www.activityreg.com) payment with Visa or MasterCard. **Payment due at the time of registration.**

Refunds only if you fail pre-test course requirement.

**Mail registration form with check or credit information to:**

Newton Parks and Recreation Department

70 Cerscent Street

Newton, MA 02466

Attn. Tom Cahill Aquatics Director

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Credit Card # \_\_\_\_\_ Visa/Master Card \_\_\_\_\_ Expiration Date \_\_\_\_\_

E-Mail for Confirmation: \_\_\_\_\_