

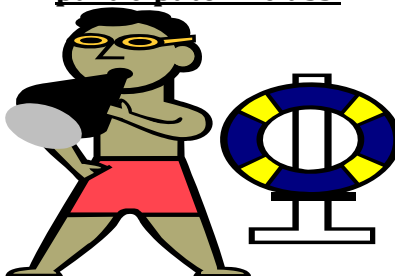
Lifeguarding Course

An American Red Cross Lifeguarding course is set to begin March 11, 2011 at the Hudson High Pool. This course will include waterfront lifeguarding, first aid, and CPR requirements needed to work as a lifeguard in New York State.

Class Dates: *Friday Evenings:* 3/11, 3/18, 3/25, 4/1, and 4/8 **5-9PM**
Sunday Mornings: 3/13, 3/20, 3/27, 4/3, and 4/10 **8:00AM-Noon**

***** Class attendance at all sessions is Mandatory!!!!!! *****

Students must be age 15 by the conclusion date, April 10, 2011 in order to participate in class.



Pre-requisites:* **1.** Swim (550 yards) *continuously* using the **front crawl** (200 yards), **breaststroke** (200 yards), and (150) yards of either the front crawl or breast stroke. **2.** Swim 20 yards in water, surface diving 7-10 feet retrieve a 10 pound object, return to the surface and return the object to the starting point, and exit the water within 1 minute and 40 seconds. **3.** Swim 5 yards submerge and retrieve 3 dive rings placed 5 yards apart in 4-7 feet of water and resurface swimming 5 yards to the side of pool.

Cost: \$210.00 (Make checks payable to the Hudson City School District) Cost includes textbook, pocket mask, and American Red Cross certificates upon successful completion of course requirements.

To sign up: Send payment with name, address, phone number, email address, and proof of age to: Chris Groll Jr., Pool Coordinator, Hudson High School, 215 Harry Howard Ave., Hudson, NY 12534. Questions? Contact the pool coordinator at 828-4360x3115.

*** It is highly recommended that candidates for the lifeguarding course work on their swimming endurance prior to the first class date in order to be successful with the prerequisites and remain in the course.**