

Brockton Community Schools

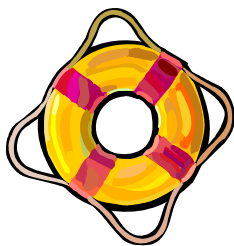
Lifeguard Training



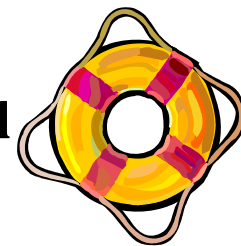
The Brockton Community Schools and Brockton Public Schools Athletic Department are pleased to present a new American Red Cross-certified Lifeguard Training course. Learn the skills necessary to become a lifeguard, one of the best jobs available for young people. This course will prepare and provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

***Successful completion will result in
American Red Cross lifeguard certification!
Participants must be 15 years old by **June 25, 2012*****

This 27-hour course includes classroom instruction, water exercises and practical applications in the Brockton High School swimming pool. Training and certification in Lifeguarding, CPR, AED and First Aid for the professional rescuer is included in the \$100 fee. For those registering for full certification there will also be a material fee of \$35 for the book or use the free online version at redcross.org, and \$10 for the CPR mask. (Limit: 20 participants) Recertification fee is \$50 (Bring Mask). For Recertification only - see instructor for schedule.



May 10—June 25, 2012
Brockton High School Pool
\$100 per student



JOBS AVAILABLE

Lifeguarding is a very rewarding and fun job, and every year Community Schools hires lifeguards to work at the Brockton High School Pool and the Manning Pool during summer camps, after-school programs and adult swim. Students will be paid a competitive wage. This course can be an investment in your future!

Register in person at the Community Schools Office, 43 Crescent Street, Brockton, MA between the hours of 10 am - 2 pm or call (508) 580-7595 for more information.

Space is limited, so sign up today!

NOW AVAILABLE— REGISTER ONLINE 24 HOURS A DAY

VISIT: www.brocktoncommunitieschools.com

SELECT: Students Spring 2012 Programs

CHOOSE: Lifeguard Training and follow prompts

Lifeguard Training Schedule May & June 2012

SUN	MON	TUE	WED	THU	FRI	SAT
May 6	7	8	9	10 Pre-Course 7—8 PM	11	12 10 am-1 pm
13	14	15	16	17	18	19 10 am-1 pm
20	21	22	23	24	25	26
27	28	29	30	31	June 1	2 10 am-1 pm
3	4	5	6	7	8	9 10 am-1pm 2 pm-5 pm
10	11	12	13	14	15	16
17	18	19	20	21 10 am-1 pm	22 10 am-1 pm	23 10 am-1 pm
24	25 10 am-1 pm					

Students may enroll in Recertification Lifeguarding, CPR and AED Review Classes for \$50. Please contact the instructor for dates and times.

Lifeguarding is a strenuous job that requires physical fitness and mastery of the basic swimming strokes.

Prerequisites

1. Must be 15 years old on or before the final scheduled session of this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the free style, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds.
 - ◆ Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - ◆ Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - ◆ Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

