



LIFEGUARD CLASS SCHEDULE 2025

AMERICAN RED CROSS CERTIFICATION

Successful completion you will receive certs for:

LIFEGUARD, FIRST AID, CPR, AED

Pre-requisites: MUST BE 15 YRS OLD END OF CLASS

- Jump in water and totally submerge, resurface swim 150 yrd continuous swim (free or breast)
- Tread water for 2 minutes (no hands)
- Swim 50 Yards using free or breast.
- Complete a timed event withing 1m 40s.
 - o Start in water swim 20 yards No swim goggles Face in/out of water
 - o Surface dive to depth of 7-10 feet retrieve a brick.
 - o Return to surface and swim 20 yards on back return to start point holding brick at the surface with both hands and keeping face out of the water.

Location:

EF SCHOOLS

7 Marymount

Tarrytown, NY 10591

FEES:

LIFEGUARD FULL CLASS: \$ 500.00

LIFEGUARD/CPR RE-CERT: \$ 300.00

CPR RE-CERT: \$150.00

REGISTRATION:

Contact: Jeff McClung

jmcclung@rivertownaquatics.com

914-420-7487

Limited spots available

CLASS SCHEDULES 2025:

Class 1: Feb 28, March 1, 2 Class 2: March 21, 22, 23 Class 3: April 11, 12, 13

Class 4: April 25, 26, 27 Class 5: May 2, 3, 4 Class 6: May 9, 10, 11

Class 7: May 16, 17, 18

FRI: 4:30-8:30, Sat: 8am -5pm, Sun: 8am – 3pm

FULL CLASS: FRI -SUN, RECERT LG/CPR SAT & SUN, CPR RECERT SUN ONLY