

LIFEGUARDING CLASSES

ONLY ONE OF EACH CLASS OFFERED BEFORE THE SUMMER

Once certification requirements are complete, all lifeguard applicants must still *apply & interview for a lifeguarding position. You may obtain an application either on the Town Website or in the Recreation Department. Lifeguards must be 16 years of age or older to work for the Town of Scituate. They MUST have completed Waterfront Lifeguard Training OR Completed Waterfront Module in addition to Lifeguard Training.*

The three classes offered by Scituate Recreation:

1. Waterfront Lifeguard Training
2. Lifeguard Waterfront Module (for the lifeguard who already has Lifeguard Certification but has NOT received Waterfront Lifeguard Certification, this is waterfront supplement.)
3. Lifeguard Recertification (for the lifeguard who requires Lifeguard Waterfront certification)

Lifeguard Classes for all courses held at the South Shore YMCA Mill Pond Pool and Classroom time at Scituate Recreation Little People Room. See each course for schedule and location.

WATERFRONT LIFEGUARD TRAINING

Successful completion includes Lifeguard Training Certificate, CPR and First Aid Certificates. *This course fills the certification requirements to be a Scituate Lifeguard however applicants must still apply and interview.*

ENTRANCE REQUIREMENTS:

Swim 550 yard continuously using the following strokes:

1. 200 yards of front crawl using rhythmic breathing to the side or the front, 200 yards of breaststroke, 150 yards of either crawl or breaststroke. *There is no time requirement for this – only that you not stop once you start the swim.*
2. Swim 20 yards, surface five 7 – 10 ft. to retrieve a 10LB dive brick, surface, swim back and exit the water. *Time limit – 1 min. 40 secs.*
3. Swim 5 yards and get three dive rings placed 5 yards apart in 4 – 7 ft. of water, surface and swim to the side. *No time limit.*

EXIT REQUIREMENTS:

Successfully pass all required swim tests; Successfully pass all life guarding skills; Successfully pass with 85% score written in CPR, Life guarding, and First Aid; Attendance at **ALL** class sessions is **MANDATORY!!**

AGE REQUIREMENT: Must be 15 years of age by January 2, 2012 to take the course (proof of age required).

CLASS SCHEDULE

POOL at the YMCA at Mill Pond in Hanover :

Sundays 1/15, 1/22, 1/29, 2/5 and 2/12 /2012, 6:00 p.m. to 9:00 p.m.

CLASSROOM in Scituate Recreation Little People Room:

Tuesdays 1/10, 1/17, 1/24, 1/31, 2/7, 2/14/2012 6:00 p.m. to 9:30 p.m.

Fee: \$325

LIFEGUARD WATERFRONT MODULE

This bridge course will teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The bridge course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and prevent drowning and injuries

Prerequisites: Current certification in American Red Cross Lifeguard Training and CPR/AED for the Pro-Rescuer. Minimum age of 15 and pass a precourse.

POOL: Sunday 6/3/12 YMCA Pool

CLASSROOM: Tuesday 6/5/2012 Scituate Recreation Little People Room

Fee: \$110

WATERFRONT LIFEGUARD RECERTIFICATION

The purpose of this course is to help participants achieve recertification in Lifeguard Training without having to take the full content course. This review course includes First Aid and CPR for the Professional Rescuer. **Hours:** 21

Prerequisites: Current American Red Cross Lifeguard Training, First Aid, & CPR/AED for the Professional Rescuer certification.

POOL: Sunday 6/10/2012 YMCA Pool

CLASSROOM: Tuesday 6/12/2012 Scituate Recreation Little People Room

Fee: \$110

Esther Blacker
Scituate Recreation
Registrar
(781) 545-8738

Scituate Recreation is now ONLINE with Winter 2012 Registration. Please visit our website at www.town.scituate.ma.us to create a family account and view and enroll in programs.