



## BOSTON CENTERS FOR YOUTH & FAMILIES

# LIFEGUARD INSTITUTE

A free training for candidates 16-18 old who are still in high school;  
For individuals over 18 there will be a fee specified by each site.  
There is a \$37.00 fee to the American Red Cross for the online portion and certification.

This American Red Cross lifeguard certification course will qualify candidates to work at swimming pools, upon successful completion.

Candidates must pass the pre-course swim evaluation (listed below), complete the online portion, attend all scheduled classes, and pass all skills and written tests.

Candidates must show responsibility and maturity throughout the entire course to be considered for certification.

### Pre-Course swim evaluation:

You must pass the pre-course swim evaluation to participate, no exceptions.

1. Swim 300 yards continuously, using these strokes in the following order:
  - 100 yards front crawl using rhythmic breathing and stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
  - 100 yards breaststroke using a pull, breathe, kick and glide sequence.
  - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.
2. Tread Water - 2 minutes with legs only.
3. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive into 7-10 feet of water, retrieve a 10 pound object, return to the surface, swim 20 yards back with two hands on the brick to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds. (No touching the bottom or sides of pool.)

### Class Location

BCYF Mason Pool  
159 Norfolk Ave  
Roxbury MA 02119  
617-635-5241

### Pre-Course Swim Evaluation:

Saturday, April 4 at 3:00 PM

### Class Dates

4/10, 4/17, 4/22, 4/23, 4/24, 4/25

### Class Times

4:00 to 7:00 pm

For more information, please contact:

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