

Learn to be a lifeguard

BCYF Lifeguard Institute!



This American Red Cross lifeguard certification course qualifies successful candidates to work at swimming pools.

- FREE for youth ages 15 to 18 that are still in high school.
- There is a fee of \$100 for individuals over 18.
- All must pay a \$38.00 registration fee to the American Red Cross for the online portion of the test and certification.

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: given on the first day of class.

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

1. Swimming 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.)

For course information contact Jeff Mackey at:

Jeffrey.mackey@boston.gov or 617-635-4920 x2147

Classes will be held at:

BCYF Charlestown Community Center, 255 Medford Street, Charlestown

**For registration information please contact
BCYF Charlestown Community Center at 617-635-5170**

Pre-course swim evaluation: Monday, April 6, 2020 at 6:45 pm

Course dates: Monday & Wednesdays 6:45 - 8:45 pm, April 8 - May 20, 2020

