

HOSPITAL FOR SPECIAL CARE



Aquatics & Fitness Center

Lifeguard Training Course

This blended learning course is a combination of online independent work, classroom lectures, and pool activities. Upon successful completion, participants will receive an American Red Cross Lifeguarding/First Aid/CPR/AED certification, which will be valid for two years.

Dates and Times:

Saturday	May 14, 2022	12:00pm - 3:00pm	Swim test / Course Introduction
Thursday	May 19, 2022	5:00 pm - 9:00pm	Classroom and Pool
Saturday	May 21, 2022	11:00am - 5:00pm	Classroom and Pool
Tuesday	May 24, 2022	5:00 pm - 9:00pm	Classroom and Pool
Thursday	May 26, 2022	5:00 pm - 9:00pm	Classroom and Pool
Friday	May 27, 2022	5:00 pm - 9:00pm	Rain Date

Where: Hospital for Special Care Aquatic and Fitness Center
2150 Corbin Avenue, New Britain, CT 06053

Fees: \$330; payable to Hospital for Special Care (check, credit card or cash)

Includes online assignments, digital certificates, digital lifeguard e-book, CPR pocket mask, and practical training

Add \$35 for the optional hard copy lifeguard manual

Sign-up: Registration Deadline **May 13, 2022**

To register and for questions please contact SFagan@hfsc.org or BKasavage@hfsc.org

Or call 860-827-1958 ext. 5027

Pre-requisites: Candidates must be at least 15 years of age and demonstrate the ability to:

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back is not permitted. Swim goggles may be used.
- Tread water for 2 minutes using the legs only.
- Complete a timed event within 1 minute, 40 seconds.
 - Swim 20 yds face in or out of the water. Goggles are not permitted.
 - Surface dive, feet-first or head-first, to a depth of 7 -10 ft to retrieve 10lb object.
 - Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to breathe. Exit the water without using a ladder/steps.