



Summer 2023 Lifeguard Classes

1) American Red Cross Lifeguard Review: \$250.00
Saturday, June 3rd, 2023 from 9:00am-7:00pm.

Lifeguard Review is an abbreviated Lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years.

To participate in the Lifeguard Review class, you must have a current lifeguard certification, or certification expired by no more than 30 days. Please send your current lifeguard certificate to rnH@physiqueswimming.com.

2) American Red Cross Lifeguard Course - Blended Learning: \$425.00
Saturday, June 17th, 2023 from 9:00am - 5:00pm.
Sunday, June 18th, 2023 from 9:00am - 5:00pm.
Saturday, June 24th, 2023 from 9:00am - 5:00pm.

This American Red Cross lifeguard course provides entry-level participants the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Prerequisites: Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, and surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder. Participants must be at least 15 years old.

Register online or at the pool

Registration for Physique Swimming can be arranged online, by credit card over the phone at (212) 725 -0939 or by sending the registration form to 115 Broadway, 5th Fl New York, NY 10006.

We accept, Credit Card, Check, or Venmo @physique-swim

Physique Swim School Registration Form. Please, fill it out completely.

Student's Name _____ **Age** _____

Please circle one of the following courses

1. Lifeguard Review (6/3/22) - \$250

2. Lifeguard Course (6/17, 6/18, 6/24)- \$425

Phone(C) _____

Address _____ **City** _____ **ZipCode** _____

E-Mail _____

CC _____ **EXP** _____

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