



PHYSIQUE SWIMMING Lifeguard - Blended Learning

Fall 2023 Session Dates

Lifeguarding -BL - \$425

A. November 4th, 5th:

- **Saturday, November 4th:**
 - **WeWork**, 115 Broadway, 7th Fl, New York, NY, 10006, **9am -12pm. (classroom)**
 - **41 Broad St**, New York, NY, 10004, **1-4pm (pool)**
 - **WeWork**, 115 Broadway, 7th Fl, New York, NY, 10006, **4pm -7pm. (classroom)**
- **Sunday, November 5th:**
 - **WeWork**, 115 Broadway, 7th Fl, New York, NY, 10006, **9am - 1pm. (classroom)**
 - **41 Broad St**, **1pm-4pm. (pool)**
 - **WeWork**, 115 Broadway, 7th Fl, New York, NY, 10006, **4pm-7pm. (classroom)**

B. December 16th, 17th

- **Saturday, December 16th:**
 - **WeWork**, 115 Broadway, 7th Fl, New York, NY, 10006, **9am - 12pm. (classroom)**
 - **41 Broad St**, New York, NY, 10004, **1-4pm (pool)**
- **Sunday, December 17th:**
 - **WeWork**, 115 Broadway, 7th Fl, New York, NY, 10006, **9am - 1pm. (classroom)**
 - **41 Broad St**, **1pm-4pm (pool)**
 - **WeWork**, 115 Broadway, 7th Fl, New York, NY, 10006, **4pm-7pm. (classroom)**
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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, 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.

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.

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

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