

## **Lifeguarding Blended Learning: (\$425)**

The Lifeguarding course provides participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies in both shallow water (less than 7 feet) and deeper water (7 feet or more) and to provide professional-level care for breathing and cardiac emergencies injuries and sudden illnesses until EMS personnel take over. Participants who successfully complete this course receive an American Red Cross certificate for Lifeguarding (including deep water) with CPR/AED for Professional Rescuers and First Aid valid for 2 years. Prerequisites: 1. Minimum age: 15 years; 2. Complete a swim- tread-swim sequence: Jump into the water submerge resurface swim 150 yards (using the front crawl breaststroke or a combination of both) maintain position at the surface of the water for 2 minutes by treading water using only the legs then swim 50 yards using the front crawl breaststroke or a combination of both. 3. Complete a timed event within 1 minute 40 seconds by starting in the water swimming 20 yards surface dive (feet-first or head-first) to a depth of 7 to 12 feet to retrieve a 10-pound object return to the surface and swim 20 yards on the back to return to the starting point holding the object at the surface with both hand exit the water without using a ladder or steps.

Link to the online portion of the blended learning class will be sent within 24 hours. Online courses are usually around 8 hours of activity, and courses can be completed in multiple days. Please plan accordingly.

### **Listings Below:**

#### **October 2024**

- Saturday (10/19) , 8:45am - 6:15pm
- Sunday (10/20), 8:45am - 6:15pm
- Monday (10/21), 3:15pm - 6:15pm

#### **Location:**

-Leman Prep, 25 Greenwich St, New York, NY, 10004 (Pool),  
-WeWork, 115 Broadway, New York, NY, 10006 (Classroom)

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#### **December 2024**

- Saturday (12/7) , 8:45am - 6:15pm
- Sunday (12/8), 8:45am - 6:15pm
- Monday (12/9), 3:15pm - 6:15pm

#### **Location:**

-Leman Prep, 25 Greenwich St, New York, NY, 10004 (Pool),  
-WeWork, 115 Broadway, New York, NY, 10006 (Classroom)

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#### **February 2025**

- Saturday (2/1) , 8:45am - 6:15pm
- Sunday (2/2), 8:45am - 6:15pm
- Monday (2/3), 3:15pm - 6:15pm

**Location:**

- Leman Prep, 25 Greenwich St, New York, NY, 10004 (Pool),
- WeWork, 115 Broadway, New York, NY, 10006 (Classroom)

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**March 2025**

- Saturday (3/30), 8:00am - 7:30pm
- Sunday (3/31), 8:00am - 7:30pm

**Location:**

- Boys & Girls Clubs of Union County, 1050 Jeanette Ave, Union, NJ 07083

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