



American Red Cross Lifeguard Certification Course

2-year Certification includes: Lifeguarding, First Aid, CPR, AED

Summer

Skills testing: on or before June 4 (call to set up an appointment)

Class Dates:

Monday June 4, 3:30 – 8:30 p.m.

Tuesday June 5, 3:30 – 8:30 p.m.

Wednesday June 6, 3:30 – 8:30 p.m.

Thursday June 7, 3:30 – 8:30 p.m.

Friday June 8 – TBD/As needed for testing

REGISTER BY: June 1



Skills Tests –



- 1.) Without stopping, swim 300 yards using Front crawl or Breaststroke (untimed). Waterfront students swim 500 yards. Goggles are allowed; please supply your own.
- 2.) Swim 20 yards to retrieve a 10 lb. object from 7-10 feet of water then kick on your back (no arms) to the point of origin with object (timed). Goggles are NOT allowed for this specific challenge.
- 3.) Tread water for 2 minutes using only leg actions. Hands must be atop the head or perpendicular to the water's surface.

Class Requirements & Costs

Minimum Age: 15 ½ years old – No maximum age... Adults are welcome!

Cost: \$150.00 for Residents; \$165.00 for Non-Residents

Prospective employees may take the class for free if they sign an agreement to work at least 1 year for the City of New London.

**New London Aquatic & Fitness Center
815 W. Washington St. New London, WI 54961
(920)982-8524**

Register online:

<https://apm.activecommunities.com/newlondon>

Information, Registration, and Skills testing Questions
Call (920) 982-8524 or email juliam@newlondonwi.org