



American Red Cross Lifeguard Certification Course

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

Winter Session 1

Skills testing: before January 15 (call to set up an appointment)

Class Dates:

Friday January 19, 9:00 a.m. – 4:30 p.m.

Monday January 23, 3:30 – 8:30 p.m.

Tuesday January 24, 3:30 – 8:30 p.m.

Wednesday January 25, 3:30 – 5:30 p.m.

Thursday January 26, 3:30 – 8:30 p.m.

REGISTER BY: January 15



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