



American Red Cross

Spring ARC Lifeguard Training Classes

24622-08

Pretest: Monday, April 23, 5:30 P
Classes: Monday and Wednesday, 5:30 – 9:30 P
Classes meet: April 23, 25, 30, May 2, 7, 9, 14, 16
Final Test: Wednesday, May 16

24622-09

Pretest: Thursday, April 26, 7:00 P
Classes: Sunday 10:00 A – 4:00 P; Tuesday and Thursday, 7:00 – 10:00 P
Classes meet: April 26, 29, May 1, 3, 6, 8, 10
Final Test: Thursday, May 10

24622-10

Pretest: Wednesday, May 2, 5:30 P
Classes: Monday and Wednesday, 5:30 – 9:30 P
Classes meet: May 2, 7, 9, 14, 16, 21, 23
Final Test: Wednesday, May 23

24622-11

Pretest: Monday, June 4, 5:30 P
Classes: Monday and Wednesday, 5:30 – 9:30 P
Classes meet: June 4, 6, 11, 13, 18, 20, 25, 27
Final Test: Wednesday, June 27

The ARC Lifeguard Training Course teaches candidates the knowledge and skills needed to prevent and respond to aquatics emergencies, including drowning and injuries. This training includes lifeguard certification, first aid training, and professional rescuer CPR certification.

Notes: To enroll in the course, students must be at least 15 years of age before the last scheduled training class and must be able to pass the following pretest skills:

- Swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick; 100 yards of breaststroke using a pull, breathe, kick, and glide sequence; and then 100 yards of the front crawl and/or breaststroke.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7 – 10 feet, retrieve a 10-pound brick, return to the surface, swim 20 yards back to the starting point with the brick, and exit the water without using a ladder or steps, all within 1 minute and 40 seconds.

Successful completion of this course requires participation in all skill practice. The practice sessions will require some strenuous physical activity. Students are encouraged to check with their healthcare professional before participating in the course. If a medical condition or disability exists that might prevent participation in the activities, please contact the Aquatics Department before you enroll in this course. Candidates must pass emergency skill scenarios, a written test, and attend all scheduled class dates.

Students must register at least two weeks prior to the pretest.

Members: \$400, Community Participants: \$425 • Refund of \$275 if participant does not pass pretest.

All programs are at the JCC

For more information or registration, contact Kim Koza,
Aquatics Director, at 908-889-8800 x219 or kkoza@jccnj.org.
Online registration available at www.jccnj.org.



1391 Martine Avenue, Scotch Plains, NJ 07076
www.jccnj.org • 908-889-8800