



TOGETHER EVERYONE ACHIEVES MORE

2019 Spring Lifeguarding Classes

Veterans Park Community Center & Cabot Aquatic Park

Full Class Cost

\$300.00

Recertification Class Cost

\$150.00

Prerequisite to make it into a class

Must be 15 years of age on the final day of the course

(16 to work for Cabot Parks and Recreation).

Must be able to complete a 300-yard swim continuously using only front crawl and breaststroke.

Must be able to complete a timed 40-yard swim with a 10lb. brick on your back in 1:40 or less using legs only.

Must be able to complete a 2:00 water tread using legs only.

Multiple Class Options Offered

February: 0

No Classes Offered

March: 2

Wednesday 20th **(Recert)** / Thursday 21st-Saturday 23rd **(Full Class)**

April: 2

Friday 19th-Sunday 21st **(Full Class)** / Friday 12th-Saturday 13th **(Recert)**

May: 1

Saturday 11th **(Recert)**

If a need for additional classes becomes apparent, we will add them accordingly.

Cabot Aquatic Park Opens May 24th!