

The Village of Hastings on Hudson
Recreation Department



Lifeguard Training Course - June 2021

LIMITED SPACE AVAILABLE

REGISTRATION BEGINS MAY 3

Dates/Times: (must attend all)

| | |
|---------------|-----------------|
| June 25 (Fri) | 3:30pm – 9:30pm |
| June 26 (Sat) | 8am – 11pm |
| June 27 (Sun) | 8am – 11am |
| June 28 (Mon) | 12pm – 8pm |

Training Location: Chemka Pool, 1 Chemka Pool Road, Hastings-on-Hudson, NY 10706

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Successful candidates will earn a completion certificate indicating Lifeguarding/First Aid/CPR/AED valid for 2 years.

Course completion requirements: complete all online content prior to Day 1 (approximately 7 hrs of eLearning content), participate in all dates and times of the in-person skill sessions, demonstrate competency in all skills, complete all assignments, pass final written exam with 80% or higher.

Pre-requisites:

At least 15 years of age by last scheduled class;

Pass pre-requisite swim skill evaluation that includes: 300 yards continuous swim; 2 minute tread just kick; timed brick retrieval (swim 20 yds, submerge 7-10' to retrieve 10 lb brick, return to surface and swim 20 yards on the back to return to the starting point, exiting the water without using a ladder or steps). Pre-requisite swim evaluation will be held on June 18 at 7pm.

Register by June 18th to allow ample time to complete online course work prior to Day 1 of training.

Registration fee: Residents: \$350 Non-Residents: \$400

Register online [HERE](#)

For more information, contact the Recreation Department at (914) 478-2380 or by email at recreation@hastingsgov.org