



The Village of Hastings on Hudson Recreation Department

Will be offering a Lifeguarding class:
at the Village of Hastings Chemka Pool

This is a blended learning class consisting of 7 hours of online work and 20 hours of in person skill training. Participants will gain 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. Certification in Lifeguarding/First Aid/CPR/AED valid for 2 years.

Pre-requisites: At least 15 years old and pass pre-requisite swim skill evaluation: 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 return to start swimming on back while holding brick with two hands, then exit the water without the use of ladder/steps). Pre-requisite swim held at the start of first class.

- June 2** 5pm-8pm
- June 3** 10am-3pm
- June 4** 10am-3pm
- June 9** 5pm-8pm
- June 10** 10am-3pm

Fee: \$375 for Residents
\$450 For Non-Residents



For more information, contact Nicole Higgins at 478 – 2380 ext. 641, or at nhiggins@hastingsgov.org

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Lifeguard Training 2023

Name: _____ D.O.B: _____

Address: _____

Phone #: _____

Email: _____

For office Use only

Check/CC: _____ Date: _____ Initials: _____