



LIFEGUARD COURSE 2025

We are offering the following Lifeguard Courses this season. You will be taught the most up to date information from Red Cross Instructor in line with 2024 updates.

New Pre-Requisite (Pool 200, Waterfront 350-tread-200)

- Swim-Tread-Swim Sequence (From Deep-end -(need to submerge, resurface)) then swim 150 yards (breast or free) – Tread 2 minutes only legs – Finish 50 swim.
- Swim 20 yards – 10 lb. object – pick up hold while you swim on your back.
- Waterfront – UNDERWATER SWIM – Swim 5 yards – collect 3 dive rings 4-7 feet and swim back to the side.



3 Day Blended Learning Course Options (\$400/\$450 Waterfront)

(22 hour course + 6 hour online portion)

All Class Times are 8 am to 5 pm, subject to change based on class size and need.

6 hours of online – pre course work is required, Red Cross online link sent via instructor). – PRINT COMPLETION CERTIFICATE

- Friday, April 25 (5-9 pm), Saturday, April 26 (8-5 pm), Sunday, April 27 (8-5pm)
- Friday, May 2 (5-9 pm), Saturday, May 3 (8-5 pm), Sunday, May 4 (8-5 pm)
- Friday, May 23, 5 pm to 9 pm, Saturday, May 24 (8-5pm), Sunday, May 25 (8-5 pm) MEMORIAL DAY WEEKEND!
- Friday, May 30 (5-9 pm), Saturday, May 31 (8-5 pm), Sunday, June 1 (8-5 pm)
- Friday, June 20 (5-9 pm), Saturday, June 21 (8-5 pm), Sunday, June 22 (8-5 pm)

MUST ATTEND ALL 3 CLASSES FOR CERTIFICATION.

Recertification Course Lifeguard/CPR/AED and First Aid (9.5 hours) \$225

All Class Times are 8 am to 6 pm,
subject to change based on class size
and need.

- Sunday, April 20
- Sunday April 27
- Sunday, May 4
- Sunday, May 25
- Sunday, June 1
- Sunday, June 22



Recertification Course CPR/AED only (4 Hours) \$125

All Class Times are 8 am to 12pm, subject to
change based on class size and need.

- Sunday, April 20
- Sunday April 27
- Sunday, May 4
- Sunday, May 25
- Sunday, June 1
- Sunday, June 22

Boys and Girls Club of Capital Area – Troy Club House

1700 7th Ave, Troy NY 12180

(Use 6th Ave Back Entrance inside fenced
area.)

518-495-3470

www.sprint3333@aol.com

Additional or Private Classes available upon request sent via email.

**Register Today
CALL OR EMAIL**