

## **AMERICAN RED CROSS LIFEGUARD TRAINING**

An American Red Cross Lifeguarding will be conducted at Gloucester County Institute of Technology (G.C.I.T.). This core course will teach you the skills and knowledge needed to prevent and respond to aquatic emergencies. The course includes three-year certification in Lifeguarding and First Aid and a one-year certification in CPR/AED for Lifeguards.

***Prerequisites- Swim 300 yards using front crawl or breast stroke without stopping. Swim 150 of either front crawl or breast stroke or combination of two strokes. Students must also swim 20 yards of front crawl or breast stroke, surface dive to a depth of 7 feet, retrieve a 10 pound object, return to the surface, and swim 20 yards back to starting point with object and exit water without using a ladder or steps within 1 minute 40 seconds.***

Location: G.C.I.T.  
Tanyard Road  
Sewell, NJ 08080

Requirements: 15 years and older (by last date of the course) : Proof of age required  
Be prepared and ready to swim for each class  
Materials will be given out, once passing the pre-test  
Bring pen or pencils for class work

Dates/Times: Listed below with **100%** attendance required – **NO EXCEPTIONS**

**Thursdays – Hours 4:00 p.m. to 9:00 p.m. EACH DATE**

April 29	May 20
May 6	May 22** Saturday (10am to 2pm) if necessary
May 13	May 27

Included: Textbook  
Pocket Mask  
Certifications: Lifeguard and First Aid (3 years)  
CPR/AED for Lifeguards (1year)

**Fee: \$300.00 per person**

**How to Register:** Call G.C.I.T. (856) 468-1445 ext. 2777, email [rgoff@gcit.org](mailto:rgoff@gcit.org), or see Rebecca Goff in person at the G.C.I.T. Fitness Center after 3:00 p.m. Monday through Friday.