



AMERICAN RED CROSS LIFEGUARDING Blended Learning Format

Gain the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Learn to provide care for breathing and cardiac emergencies, injuries and sudden illnesses.

Take class with St. John's Prep Head Coach of swimming & diving, and water polo, Jeff Fiore. Classes will be held online with tests required to be completed before in person classroom and pool sessions at Medford High School.

Prerequisites:

- Must be at least 15 years of age.
- Swim 300 yards continuously.
- Tread water for 2 minutes, only using the legs.
- Complete a timed event within 1 minute, 40 seconds
- Pass swim test of criteria listed above at least one week before your scheduled class.

Class 1: Cost \$350.00

Class Sessions: Tue 2/28, 2023 - Thurs 3/2, 2023 5 - 8pm

Class 2: Cost \$350

Class Sessions: Tue 3/21, 2023 - Thurs 3/23, 2023 5 - 8pm

Class 3: Cost \$350

Class Sessions: Tue 4/11, 2023 - Thurs 4/13, 2023 5 - 8pm

Class 4: Cost \$350

Class Sessions: Tue 5/23, 2023 - Thurs 5/25, 2023 5 - 8pm

Once course is complete, participants will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

To schedule a swim test, and for any questions, contact: Jeff Fiore, jfiore@stjohnsprep.org

For registration, contact: Amy Murphy, ajmurphy032@gmail.com

To register and secure your position for your class, payment can be made in the form of cash or check, made payable to:

North Shore Swim Club P.O. Box 2032 Methuen, Ma 01844