

# Lifeguard Certification Course



Star Hill will be offering a lifeguard certification course this spring!

## Prerequisites

- Must be at least 15 years old.
- Swim 300 yards continuously (12 laps).
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute & 40 seconds by swimming 20 yards, surface dive to a depth of 7-10 feet to retrieve a 10 pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

All participants who successfully complete the course will receive an American Red Cross certificate for Lifeguarding/FirstAid/CPR/AED valid for 2 years.

The class will take place on,  
Tuesday, April 24th 4-9:30pm  
Wednesday, April 25th 5-9:30pm  
Friday, April 27th 5-9:30pm  
Saturday, April 28th 9-3:00pm.

For more information call 860-871-8800 or visit [starhillsports.com](http://starhillsports.com)

**BECOMING LIFEGUARD CERTIFIED IS A GREAT OPPORTUNITY FOR TEENAGERS TO APPLY FOR SUMMER JOBS!**

