



**American
Red Cross**

Community Lifeguard Training Program

Sponsored by:



SouthCoast
Aquatics



The Massachusetts Dept.
of Conservation & Recreation



- 1 Earn money and respect.
- 2 Challenge yourself.
- 3 Have fun.
- 4 Serve your community.
- 5 Develop leadership skills.
- 6 Put swimming skills to good use.
- 7 Gain valuable work experience.
- 8 Meet new people.
- 9 Safeguard families in and around water.
- 10 And most importantly... **SAVE LIVES!**

Course Fee = \$200.00 includes certification in:



LIFEGUARDING

FIRST AID



CPR/AED for the PROFESSIONAL LIFEGUARD

Register & Attend Class 1-5pm: Sunday, March 7, 2010 at Fall River Heritage State Park.

Session:	Time:	Location:	Dates:
Class:	1-5pm	Fall River Heritage State Park	Sundays: Mar: 7,14,21,28; Apr: 11,18
Pool:	1-4pm	UMass-Dartmouth	Saturdays: Mar: 13,20,27; Apr: 10,17

All students must pass a preliminary swim-test (March 13) prior to admission to the course. Must be 15 years of age prior to last course date (April 18). More information is available by calling 508-675-5759 ex. 503 or at the SCA web site at: www.swimsca.org. Course fee includes all materials, textbooks, and ARC Certifications and must be paid in full by March 13, 2010.

CHECKS PAYABLE TO: SouthCoast Aquatics



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Class:	1-5pm	Fall River Heritage State Park	Sundays: Mar: 7,14,21,28; Apr: 11,18
Pool:	*5:45-7:15pm	New Bedford High School	Mondays: Mar: 15,22,29; Apr: 5,12, Wednesdays: Mar: 17,24,31; Apr: 7,14
*For students unable to attend pool sessions on weeknights, you may attend pool sessions on the Saturday Classes listed below:			
Pool:	1-4pm	UMass-Dartmouth	Saturdays: Mar: 13,20,27; Apr: 10,17

All participants must be residents of the city of New Bedford and a student in the New Bedford Public School System. All students must pass a preliminary swim-test (March 15) prior to admission to the course. Must be 15 years of age prior to last course date (April 18). More information is available by calling 508-675-5759 ex. 503 or at the SCA web site at: www.swimsca.org. Course fee includes all materials, textbooks, and ARC Certifications and must be paid in full by March 13, 2010.

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