

American Red Cross Aquatics School

Camp Deeny Riback, Flanders

JCC MetroWest is a leading Authorized Provider of the American Red Cross, committed to training, empowering, and preparing our community.

We proudly offer the following training at our Aquatics School:



Lifeguard Training

Class and pool work. CPR/AED for the Professional Rescuer and First Aid included. **Certifications:** Lifeguard Training/First Aid valid for 3 years; CPR/AED for the Professional Rescuer valid for 1 year. **Attendance at all sessions is MANDATORY.**

Prerequisites: ■ Minimum age of 15 by the last scheduled class date.*

■ Successfully complete the pre-course session:

Continuously swim 300 yards using front crawl and breast stroke. Swim 20 yards using front crawl or breast stroke, surface dive to a depth of 7-10 ft, retrieve a 10 lb. object, and return to starting point within the allotted time.

Monday-Thursday • June 22-25 • 12:00-8:00pm

CJ-AQ409A21

Fee: \$250 Member • \$285 Guest

INSTRUCTOR LEVEL COURSES

Fundamentals of Instructor Training (FIT)

This course introduces instructor candidates to the history, structure, and activities of the American Red Cross. It prepares instructor candidates to teach American Red Cross specialty courses and introduces them to policies and procedures of the American Red Cross to ensure course consistency, quality, and appropriate training.

Lifeguard Training Instructor

This course is for those who wish to train and certify others in Lifeguard Training and CPR/AED for the Professional Rescuer. The Lifeguard Training course is covered and includes Oxygen Administration and Preventing Disease Transmission. **Attendance at all sessions is MANDATORY.**

Prerequisites: ■ Minimum age of 17 by the last scheduled session of the instructor course.*

■ Must have Fundamentals of Instructor Training (FIT) certificate.

■ Successfully complete the pre-course session:

Continuously swim 300 yards using front crawl and breast stroke. Swim 20 yards using front crawl or breast stroke, surface dive to a depth of 7-10 ft, retrieve a 10 lb. object, and return to starting point within the allotted time.

FIT Sunday • June 21 • 10:00am-6:00pm | Monday-Thursday • June 22-25 • 12:00-8:00pm

CJ-AQ409A21I

Fee: \$250 Member • \$290 Guest

Water Safety Instructor

This course trains instructor candidates to teach water safety, including the six levels of the Learn to Swim and Parent & Child Aquatics. It includes the American Red Cross Fundamentals of Instructor Training (FIT).

Prerequisites: ■ Minimum age of 16 by the last scheduled session of the instructor course.*

■ Successfully complete the pre-course session:

Demonstrate the ability to perform the following swimming skills: 25 yards each of front crawl, back crawl, breast stroke, elementary backstroke, and side stroke. 15 yards of butterfly. Maintain position on back in deep water and treading water for 1 minute each.

FIT Sunday • June 21 • 10:00am-6:00pm | Monday-Thursday • June 22-25 • 12:00-8:00pm

CD-AQ409A27

Fee: \$300 Member • \$350 Guest

** Proof of age must be brought to the first class.*

Register Early for WSI and SAVE!

Register by **Monday, June 11**
and save 10% off
of the appropriate fee!

*All courses are conducted by American Red Cross
authorized instructors and instructor trainers.*

Register online at **www.jccmetrowest.org**
and click e-register
or call **973-929-2772**.

Red Cross Training