

Lifeguard Training Program

New Bedford HS Pool/Buttonwood Park Community Center



Sponsored by New Bedford Parks, Recreation & Beaches in partnership with the Friend's of Heritage State Park and the Mass. Department of Conservation & Recreation

Lifeguard Training

Includes training in Lifeguarding, First Aid, CPR for the Professional Lifeguard, Automatic External Defibrillation.
Must be 15 years of age prior to last course date (April 16)

Price: \$225 (includes textbooks, all materials, Red Cross Certification – waterfront eligible)

March 8*, 14, 15*, 21, 22*, 28, 29*, April 4, 5*, 11, 12*, 16
Time: 12:30 pm – 3:30 pm (*pool sessions at New Bedford High School)
12:30 pm – 3:30 pm (class sessions will be held at the Buttonwood Park Community Center 1Oneida St. New Bedford, MA 02740)

Registration: Students **MUST** complete and pass a pool test** on March 8th, 12:30pm, at New Bedford High School to register.
Registration will follow after swim test.
(For more information call 508- 961-3015 - NB PRB or 508-675-5759 ex 503 – Fall River Heritage State Park)

**** Pool test will test endurance (300 yard swim), strength (dive for a 10lb brick) and ability to hold your breath (20 yard under water swim retrieving objects).**



**FRIENDS OF HERITAGE STATE PARK
FALL RIVER, INC.**

200 Davol Street • Fall River, MA 02720

dcrc  Department of Conservation and Recreation