

# ANNOUNCEMENT



## LIFEGUARD

New York State Parks is offering:

**American Red Cross**

**Waterfront Lifeguard Certification Course**

@ Chenango Forks High School and Chenango Valley State Park:

Successful participants will earn certification in Lifeguarding with Waterfront Skills, First Aid and CPR/AED for the professional rescuer.

**Pre-requisites to participating:** Candidates must be at least 15 years of age, able to attend all sessions and pass a swim skills/pre-course test consisting of the four following events: 550 yard swim (200 front crawl with rhythmic breathing, 200 yards breaststroke, and 150 yards of front crawl or breaststroke); Tread water for 2 minutes using legs only; Swim 20 yards and surface dive to a depth of 7-10 feet, retrieve 10 lb. brick and swim 20 yards back within 1 minute and 40 seconds; Swim 5 yards, submerge, recover 3 dive rings placed 5 yards apart, then swim another 5 yards.

Pre-course test to determine eligibility: **Friday, 4/1/2016 6-8pm @ CFHS Pool (cost \$25)**

Dates of training are:

**Saturday, 4/2/2016**

**10am-4pm (at CVSP)**

**Sunday, 4/3/2016**

**10am-4pm (at CVSP)**

**Saturday, 4/9/2016**

**8am-4pm (at CFHS Pool)**

**Sunday, 4/10/2016**

**8am-4pm (at CFHS Pool)**

**Course Cost: (includes pocket mask, whistle, course materials & certification): \$150**

**Total Course Cost: \$175**

**\*\*Re-certifications for current guards available Sunday, 4/10/2016 at a cost of \$75\*\***

**PRE-REGISTRATION REQUIRED BY March 28, 2016**

Please register by contacting: **Chenango Valley State Park ~ (607)648-5251**

**For more information contact: Chenango Valley State Park @ (607) 648-5251**

**or Bonnie Ward @ [bonnie.ward@parks.ny.gov](mailto:bonnie.ward@parks.ny.gov) (315) 492-1756**