



# Lifeguard Training

Swymfit is offering Lifeguard Training classes through a blended learning experience. Participants will be trained in Starguard Lifeguarding, CPR/AED, First Aid. Starguard is an elite and comprehensive training program used worldwide, training you to respond in any aquatic environment.

## Prerequisites:

- At least 15 years old
- Swim 300 yards Continuously
- Tread Water for 2 minutes
- Complete online training
- Perform competent rescues

## Training Information:

- Price: \$350 per person (includes whistle and pocket mask)
- Certification Valid for 1 year
- Online course must be completed before the in-water session starts.

## Upcoming Training Dates:

- Tuesday, February 22<sup>nd</sup> & Thursday, February 24<sup>th</sup> from 10am-5pm
- Tuesday, March 15<sup>th</sup>, Thursday, March 17<sup>th</sup>, and Friday, March 18<sup>th</sup> 5-9pm
- Tuesday, April 19<sup>th</sup> & Thursday, April 21<sup>st</sup> from 10am-5pm
- More trainings to come in May and June.

**Already Certified? Recertification Classes also available**

To register for any upcoming training please visit [www.swymfit.com](http://www.swymfit.com) or call the Front Desk (978) 635-0500

For more information, please contact Aquatics Director [Caley Zannoni](#)