



# TOWN OF GLASTONBURY

## Parks and Recreation Department

2155 Main Street • PO Box 6523 • Glastonbury, CT 06033

### Glastonbury Parks and Recreation Department January 2026 Lifeguard Training Class

Lifeguard Participants:

Thank you for your participation in the American Red Cross Lifeguard Training class.

This class includes Lifeguard Training, AED, Standard First Aid, and CPR certifications. Please see below for specific times and locations. **Attendance is required at all class times to meet the American Red Cross standards.**

Dates	GHS Pool	GHS Classroom F207	Academy Building Multi-Purpose Room
Sat. Jan. 3	10:30A-3:00P	7:00A-10:30A	X
Sun. Jan. 4	7:00A-3:00P	X	X
Sat. Jan. 10	10:30A-3:00P	X	7:00A-10:00A
Sun. Jan. 11	7:00A-12:00P	X	X

**NOTE:** Prior to the start of class, please come to the Parks and Recreation office to pick up your Lifeguard Training Book and CPR pocket mask. Office hours are Monday-Friday 8:00 a.m. - 4:30 p.m.

#### Supplies Needed

- Notebook and pen/pencil to each class
- Lifeguard Training Book
- CPR Pocket Mask
- Wear comfortable clothing for the classroom work
- Bathing suit and towel for water drills
- Lunch, snacks and water

#### Pre-Class Assignment

Due to the intensity of this course, there is a reading pre-assignment. In the American Red Cross Lifeguarding manual, please read **before** our first-class meeting day on September 6.

- Chapters 3 (pages 48-54), Victim Recognition
- Chapter 5 (pages 104-119), Responding to Emergencies
- Chapter 6 (pages 124-130 & skill sheets 143-176) Water Rescues
- Chapter 7 (pages 188-200) Emergency Care

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over. To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class date.



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To participate in the course, you must be able to pass a prerequisite skills evaluation that includes the following:

### **Two Distance/Times Events**

1. Swim freestyle or breaststroke 150 yards, tread water without using arms for 2 minutes, swim 50 yards. Goggles may be used.
2. Swim 20 yards, do a surface dive to depth of 7-10 feet, retrieve a 10-pound diving brick from the bottom and return to the surface, swim 20 yards holding the brick at the surface, then climb out of the pool. Goggles may not be used.

The prerequisite skills evaluation will occur on the first day of the course. Failure to successfully complete the prerequisites will result in being unable to continue with the course.

To successfully complete the course, you must attend the entire course, participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.

The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Lifeguarding course, please contact the Recreation Supervisor to discuss this before the course begins.

While goggles are permitted in some instances, many times during the pool sessions they are not allowed. Please make the appropriate arrangements for the removal and safe storage of any corrective eyewear, as needed.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

For any questions, please contact the Parks and Recreation office at 860-652-7679.