

# TRAIN TO SAVE!



# LIFEGUARD PRECOURSE TEST WORKSHOPS



## BE WHISTLE WORTHY IMPROVING SWIMMING SKILLS FOR THE LIFEGUARD PRECOURSE TEST

### WORKSHOPS FOR AMERICAN RED CROSS LIFEGUARD PRECOURSE TEST

Have you always wanted to be a lifeguard but not sure if you are able to pass the pre-course test? Participants will practice the skills needed for the lifeguard pre-course test.

#### Workshop Registration Info:

Space is limited.  
Participants must be 14-yr or older  
and each date is a separate  
registration fee.

**Members:** \$50  
**Non-Members:** \$65

#### PRECOURSE WORKSHOP DATES

Thursday, March 28 @ 3:30pm - 4:45pm
Thursday, April 4 @ 3:30pm - 4:45pm
Thursday, April 11 @ 3:30pm - 4:45pm
Thursday, April 18 @ 3:30pm - 4:45pm
Thursday, April 25 @ 3:30pm - 4:45pm

#### Workshop Skills:

**Swimming:** Through various drills and activities participants will improve stroke quality and endurance.

**Treading:** Improve kicks (scissor, whip and rotary kicks) and endurance.

**Timed Event:** Participants will practice retrieving a 10-lb object from a minimum of 7 feet, then practice swimming on their back with legs only and exiting the pool without using ladders or steps. During LG precourse test this event must be completed in 1:40seconds and goggles are not allowed.

**Please Note:** Workshop participants must sign up separately for the American Red Cross lifeguard precourse test. These workshops are designed to help build endurance and allow participants to practice the skills they will need to demonstrate when taking the ARC LG precourse test.

Register online at: [montclairymca.org](http://montclairymca.org)  
or in person at 25 Park St. Montclair

For more info, please contact:  
Tammy Como, [tcomo@montclairymca.org](mailto:tcomo@montclairymca.org)  
Anna Smith, [asmith@montclairymca.org](mailto:asmith@montclairymca.org)

