

LIFEGUARD WORKSHOP PRECOURSE TEST



IMPROVE YOUR SKILLS

WORKSHOPS TO PREPARE FOR THE AMERICAN RED CROSS LIFEGUARD PRECOURSE TEST

Have you always wanted to be a lifeguard but not sure if you are able to pass the LG pre-course test?

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 they take the actual Lifeguard precourse Test.

Workshop Registration Info:

Participants must be 14-yrs or older
Each date is a separate registration fee

Members: \$55

Non-Members: \$65

Skills Practiced:

Swimming: build endurance, improve breath control and stroke mechanics of the front crawl (freestyle) and breaststroke.

Treading: Improve or learn to tread using a variety of kicks

Timed Event: Practice retrieving a 10-lb object from the bottom of the pool, return to the surface and swim with legs only for 20 yards. Participants learn skills to improve their times with an ultimate goal of less than 1 minute 40 seconds. Goggles are not allowed, during the actual LG precourse skills test.

PRECOURSE WORKSHOP DATES

Tuesday, March 25 @ 4:15-5:30pm

Tuesday, April 1 @ 4:15 - 5:30pm

Tuesday, April 8 @ 4:15 - 5:30pm

Tuesday, April 15 @ 4:15 - 5:30pm

Tuesday, April 22 @ 4:15 - 5:30pm

Tuesday, April 29 @ 4:15 - 5:30pm

Register online at: montclairymca.org

Register in person at:
25 Park St.
Montclair, NJ 07042
973.744.3400

For more info, please contact:
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