



Lifeguard Certification Course

*Girls Incorporated of Worcester
Fuller Aquatics Center
125 Providence St Worcester, MA*



The American Red Cross Lifeguard Certification Program prepares participants for becoming a lifeguard. This course teaches skills required to prevent, recognize, respond and provide care in an emergency situation.

After completion of course participants will receive certification in Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer.

Prerequisites for this course are:

Minimum age of 15

Continuous 300 yard swim

Swim 20 yards and retrieve 10 pound weight from deep end of pool

Cost \$225

includes all materials

Dates and Times: 9:00AM-5:00PM

Saturday May 8th ,15th , 22nd June 5th



To register contact Renee Collier at 508-755-6455 ext 17
or email Renee at : RCollier@worchester.girls-inc.org