





Longfellow Natick
DECEMBER COURSES
American Red Cross Lifeguard Training Courses
Instructor: Chelo Lundquist Krag (ckrag.lhc@gmail.com)

Full Certification Course (Must attend all in-person class sessions)

Overview:

- Course Duration: 3 days
- Course Description: This intensive course certifies first-time lifeguards in American Red Cross Lifeguarding.
- Blended Learning: Online learning materials must be completed prior to attending in-person sessions.

In-Person Class Dates & Times:

COURSE 1 (must attend all 3 days)	COURSE 2 (must attend all 3 days)
<ul style="list-style-type: none">• Friday, December 19: 4pm-8:30pm• Saturday, December 20: 9am-7:30pm• Sunday, December 21: 9am-7:30pm <p>Click or scan the QR code to register!</p> 	<ul style="list-style-type: none">• Monday, December 29: 9am-7:30pm• Tuesday, December 30: 9am-7:30pm• Wednesday, December 31: 9am-2:00pm <p>Click or scan the QR code to register!</p> 

Location: Longfellow Natick Health Club, 203 Oak St, Natick, MA 01760

Cost: Members: \$350 Non-Members: \$400

Eligibility Requirements:

- Eligible participants must be 15 years old or older, able to swim 200 yards continuously, and retrieve a 10-pound brick from 10 feet of water.
- This pre-test will be conducted on the first day of class

DECEMBER COURSES (continued)
American Red Cross Lifeguard Training Courses
Instructor: Chelo Lundquist Krag (ckrag.lhc@gmail.com)

Recertification Course (must attend all in person class sessions)

Course Overview:

- Course Duration: 1 day
- Course Description: A refresher course to review the skills learned in the initial certification

In-Person Class Dates & Times:

- Sunday, December 28: 9am-7:30pm

Location: Longfellow Natick Health Club, 203 Oak St, Natick, MA 01760

Cost: Members: \$175 Non-Members: \$200

Eligibility Requirements:

- Must have an active American Red Cross Lifeguarding Certification, or one expired within the last 30 days, ***proof of this certification is required prior to the start of class.***

**Click or scan the QR
code to register!**

