



Longfellow Natick
April/May
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.

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

In-Person Class Dates & Times:

April Course 1 (must attend all 3 days)	April Course 2 (must attend all 3 days)	May Course 1 (must attend all 3 days)	May Course 2 (must attend all days)
<ul style="list-style-type: none"> • Friday, April 10: 4pm-8:30pm • Saturday, April 11: 9am-7:30pm • Sunday, April 12: 9am-7:30pm <p>Click or scan the QR code to register!</p> 	<ul style="list-style-type: none"> • Friday, April 24: 4pm-8:30pm • Saturday, April 25: 9am-7:30pm • Sunday, April 26: 9am-7:30pm <p>Click or scan the QR code to register!</p> 	<ul style="list-style-type: none"> • Friday, May 15: 4pm-8:30pm • Saturday, May 16: 9am-7:30pm • Sunday, May 17: 9am-7:30pm <p>Click or scan the QR code to register!</p> 	<ul style="list-style-type: none"> • Friday, May 29: 4pm-8:30pm • Saturday, May 30: 9am-7:30pm • Sunday, May 31: 9am-7:30pm <p>Click or scan the QR code to register!</p> 

April/May
Recertification Courses
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:

April	May
<ul style="list-style-type: none">• Saturday, April 4: 8am-6:30pm <p style="text-align: center;">Click or scan the QR code to register!</p> <div style="text-align: center;"></div>	<ul style="list-style-type: none">• Saturday, May 9: 8am-6:30pm <p style="text-align: center;">Click or scan the QR code to register!</p> <div style="text-align: center;"></div>

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.***