



**Longfellow Natick
February/March**

**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:

February Course 1 (must attend all 3 days)	February Course 2 (must attend all 3 days)	March Course 1 (must attend all 3 days)
<ul style="list-style-type: none">• Friday, February 13: 4pm-8:30pm• Saturday, February 14: 9am-7:30pm• Sunday, February 15: 9am-7:30pm <p>Click or scan the QR code to register!</p> 	<ul style="list-style-type: none">• Friday, February 27: 4pm-8:30pm• Saturday, February 28: 9am-7:30pm• Sunday, March 1: 9am-7:30pm <p>Click or scan the QR code to register!</p> 	<ul style="list-style-type: none">• Friday, March 20: 4pm-8:30pm• Saturday, March 21: 9am-7:30pm• Sunday, March 22: 9am-7:30pm <p>Click or scan the QR code to register!</p> 



Longfellow Natick

February/March

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:

February	March
<ul style="list-style-type: none">• Saturday, February 21: 9am-7:30pm <p>Click or scan the QR code to register!</p> 	<ul style="list-style-type: none">• Sunday, March 15: 9am-7:30pm <p>Click or scan the QR code to register!</p> 

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.***