



American Red Cross Lifeguard Courses

Minimum age 15 by end of course – includes lifeguarding, First aid and CPR/AED for the professional rescuer. Certification valid for two years. Must be able to swim 300 yards continuously and retrieve a brick from 10 feet of water.

There is an online component that must be completed prior to the start of class which you will receive a link to access.

Choose one below -

- April 14th-16th 9am-5pm***
- April 17th-19th 9am-5pm***
- April 24th-28th (24th, 25th, 26th 6-9pm, 27th 1-8pm, 28th 11am-6pm)***
- May 8th-12th (8th, 9th and 10th 6-9pm, 11th 1-8pm, 12th 11am-6pm)***
- May 24th-27th (24th 4-9pm, 25th and 26th 9-5pm, 27th 9-2pm)***
- June 3rd-5th 10am-5pm***
- June 7th-9th (7th 4-9pm, 8th and 9th 12-8pm)***
- June 14th-16th (14th 4-9pm, 15th and 16th 12-8pm)***
- June 17th-19th 10am-5pm***
- June 21st-23rd (21st 4-9pm, 22nd and 23rd 12-8pm)***

Lifeguard Recertification Courses

You must have current lifeguarding certification to take class.

June 9th 8am-6pm

Call 508-358-7355 or email longfellowswim@gmail.com for more information on any of these classes