



Lifeguard Certification

WHERE? The Cattaraugus Community Center

COST: \$250.00 per person (includes all supplies needed)

WHEN? April 24th-26th 2015

Time: Fri. 6pm to 8pm, Sat. & Sun. 9:30am to 4:30pm

DESCRIPTION: To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies

Prerequisites:

- 1. Swim 300 yards continuously using front crawl and breaststroke.**
- 2. Swim 20 yards using front crawl or breast stroke, surface dive 7-10 feet, retrieve a 10lb object. Return to the surface, swim 20 yards back to start point with the object. Exit water without using ladder or steps. Do this within 1 min. 40 seconds**
- 3. Tread water for 2 minutes without hands**



Any questions contact

Heidi John at 716-532-8450