

DEDHAM HEALTH & Athletic Complex



200 Providence Highway, Dedham MA 02026
781-326-2900 • www.dedhamhealth.com



5 REASONS To be a Lifeguard or Water Safety Instructor

- Learn to save lives in and out of the water
- Develop your leadership, communication and teaching skills
- Build your resume
- Earn money
- Stay in great physical condition

The NEW 2017 Red Cross Lifeguarding Program

- Updated to the latest ECC science
- Reflects findings from the 2016 U.S. Lifeguard Standards Coalition Report
- Shorter, more interactive training

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2020 COURSE DATES

Month	Start Date	End Date
January	17	20
February	14	17
March	20	23
April	17	20
May	15	18
June	12	15
July	17	20
August	14	17
September	18	21
October	23	26
November	13	16
December	18	21

CLASS SCHEDULE EACH MONTH

Day	Start Time	End Time
Friday	5:00 pm	10:00 pm
Saturday	9:00 am	7:00 pm
Sunday	9:00 am	7:00 pm
Monday*	5:00 pm	10:00 pm

*AS NEEDED



American
Red Cross

DHAC Member Cost: \$375
Non-Member Cost: \$400

KID'S PROGRAMS

AMERICAN RED CROSS LIFEGUARD COURSE



AGES 15 & UP

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JOIN THE NEXT GENERATION OF LIFEGUARD TRAINING

BECOME A LIFEGUARD



Lifeguards protect their community by preventing, recognizing, and responding to water-related emergencies. In order to get a job at most facilities, you need to become certified, and most employers look for American Red Cross Certification.

Obtain your 2-year certification by taking a Lifeguarding course from the American Red Cross.* Courses take as little as 28.35 hours and emphasize hands-on training, supported by classroom instruction.

*You must be at least 15 years old.

Contact the Instructor Tori Donlan
at tori@dedhamhealth.com
or call 781-326-2900

DHAC Member Cost: \$375
Non-Member Cost: \$400

CORE COURSES

Lifeguarding

For entry-level participants at all facility types

Course Length:

Less than 28.35 hours

Certification:

Lifeguarding/First Aid/CPR/AED
for 2 years

Available in both traditional in-person training and the new online blended learning option. Please ask your local facility which options are offered.



American Red Cross

Topics for our two core courses include:

- Water rescue skills
- Surveillance and recognition
- First aid/CPR/AED
- Breathing and cardiac emergencies



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