



*Sponsored by City of New Bedford Parks, Recreation & Beaches in cooperation with Friends of Fall River Heritage State Park & Department of Conservation & Recreation*

# Lifeguard Training Program

This program includes training in American Red Cross lifeguarding, first aid, CPR for the Professional lifeguard and automatic external defibrillation (AED) . Classroom hours will be held at Fort Taber Community Center, pool hours to be held at New Bedford High School.

*Pre-requisite swim test\* is **Sunday, March 4th 12:30pm**-New Bedford High School pool  
Registration immediately following after successful completion of pre-requisite swim test\**

\*Pre-requisite swim test consists of endurance-550 yard swim, strength-dive for 10lb brick, 20yd underwater swim

## MARCH 4th- REQUIRED

<u>Classroom</u>	<u>Pool</u>
	March 4
March 10	March 11
March 17	March 18
March 24	March 25
March 31	April 1
April 14	April 15

**All Sessions**

**12:30pm-3:30pm**

*Must be 15 years of age prior to April 15, 2012.*

*For more information please call 508-675-5759 Ext. 503 OR 508-961-3015*

Program Locations:  
New Bedford High School:  
230 Hathaway Blvd.  
Fort Taber Community Center:  
950 South Rodney French Blvd.



Only \$225



**MASSACHUSETTS DEPARTMENT OF CONSERVATION AND RECREATION**



**FRIENDS OF HERITAGE STATE PARK FALL RIVER, INC.**

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