

# Certified Red Cross Lifeguard Training

## 2019 Course Outline

First Night	Introduction and Swim Test	Wed, Jan. 9, 2019	6:00-7:30 pm	Pool
Class #1	Breathing, Cardiac Emergencies, AED	Wed, Jan. 16, 2019	6:30-9:00 pm	Classroom
Class #2	Breathing, Cardiac Emergencies, AED	Wed, Jan. 23, 2019	6:30-9:00 pm	Classroom
Class #3	Breathing, Cardiac Emergencies, AED	Wed, Jan. 30, 2019	6:30-9:00 pm	Classroom
Class #4	Providing Victim Care, First Aid	Wed, Feb. 6, 2019	6:30-9:00 pm	Classroom/Pool
Class #5	Caring for Head, Neck & Back Injuries	Wed, Feb. 13, 2019	6:30-9:00 pm	Pool
Class #6	Professional Lifeguard/Rescue Skills	Wed, Feb. 27, 2019	6:30-9:00 pm	Pool
Class #7	Injury Prevention, Facility Safety & Rescue Skills	Wed, March 6, 2019	6:30-9:00 pm	Pool
Class #8	Patron Surveillance, Emergency Preparedness & Rescue Skills	Wed, March 13, 2019	6:30-9:00 pm	Pool
Class #9	Benefits of Lifeguarding & Review	Wed, March 20, 2019	6:30-9:00 pm	Classroom/Pool
Class #10	Final Exam (Written & Water Test)	Wed, March 27, 2019	6:30-9:00 pm	Classroom/Pool

### **Milford High School Pool**

is located at  
31 Fountain Street  
Milford, MA 01757

### **For questions,**

contact Milford Community School Use Program  
at 508-478-1119  
or [Imorccone@milfordma.com](mailto:Imorccone@milfordma.com)