

Certified Red Cross Lifeguard Training

2020 Course Outline

First Night	Introduction and Swim Test	Wed, Jan. 29, 2020	7:00-8:30 pm	Pool
Class #1	Breathing, Cardiac Emergencies, AED	Wed, Feb. 5, 2020	6:30-9:00 pm	Classroom
Class #2	Breathing, Cardiac Emergencies, AED	Wed, Feb. 12, 2020	6:30-9:00 pm	Classroom
Class #3	Breathing, Cardiac Emergencies, AED	Wed, Feb. 26, 2020	6:30-9:00 pm	Classroom
Class #4	Providing Victim Care, First Aid	Wed, March 4, 2020	6:30-9:00 pm	Classroom/Pool
Class #5	Caring for Head, Neck & Back Injuries	Wed, March 11, 2020	6:30-9:00 pm	Pool
Class #6	Professional Lifeguard/Rescue Skills	Fri, March 13, 2020	6:30-9:00 pm	Pool
Class #7	Injury Prevention, Facility Safety & Rescue Skills	Sat, March 14, 2020	11:00-1:30 pm	Pool
Class #8	Patron Surveillance, Emergency Preparedness & Rescue Skills	Sun, March 15, 2020	10:00-1:00 pm	Pool
Class #9	Benefits of Lifeguarding & Review	Wed, March 15, 2020	6:30-9:00 pm	Classroom/Pool
Class #10	Final Exam (Written & Water Test)	Wed, April 1, 2020	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