

New Bedford to Offer Lifeguard Training Program

The City of New Bedford Parks Recreation & Beaches has announced it will offer a lifeguard training program in partnership with the Friends of Fall River Heritage State Park and the Massachusetts Department of Conservation and Recreation.



The program will train participants in American Red Cross lifeguarding, first aid, Cardiopulmonary resuscitation (CPR) for the professional lifeguard, and automatic external defibrillation (AED). The program will consist of in-class lessons as well as water-based training. Classroom hours will be held at New Bedford's Buttonwood Park Senior Center and pool hours will be held at the New Bedford High School pool.

All youth must be 15 years of age or older prior to April 20, 2013 to participate in the lifeguard training program. There is a \$175 registration fee to participate. A pre-requisite swim test will be held on Sunday, March 3rd at 12:30pm at the New Bedford High School pool. This swim test will test participant's endurance, strength and ability to swim underwater. Upon successfully completing the pre-requisite swim test, participants will be invited to register for the training program.

Lifeguard Training Program Schedule

Classroom Sessions/Pool Sessions

March 3 (pre-requisite swim test)

March 9/March 10

March 16/March 17

March 23/ March 24

March 30

April 6/April 7

April 13/April 14

April 20

**All sessions are 12:30pm-3:30pm*

For more information, please contact the City of New Bedford Parks, Recreation & Beaches at (508) 961-3015 or Fall River Heritage State Park at 508-675-5759 ext 503.