

# 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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### 2018 COURSE DATES

Month	Start Date	End Date
December	21	24

### 2019 COURSE DATES

Month	Start Date	End Date
January	18	21
February	15	18
March	15	18
April	19	22
May	10	13
June	14	17
July	19	22
August	16	19
September	13	16
October	18	21
November	15	18
December	20	23

### 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

# ADULT PROGRAMS

## AMERICAN RED CROSS LIFEGUARD COURSE

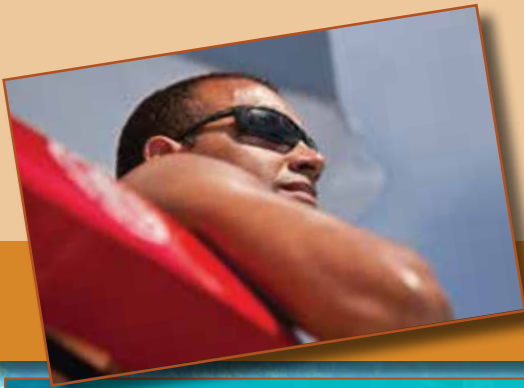


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## JOIN THE NEXT GENERATION OF LIFEGUARD TRAINING

### 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](mailto: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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