Falmouth Beach Committee
American Red Cross Waterfront Lifeguard Training Course
Summer 2015

The Falmouth Beaches will hold two American Red Cross Waterfront Lifeguard Training Courses. One will meet on Mondays and Wednesdays and the other will meet on Tuesdays and Thursdays. Participants must be 15 years old by the completion of the course. ALL CLASSES ARE MANDATORY. In order to participate in this course, students must be able to pass a prerequisite 550 yard swim test on the first day. Because this is a waterfront course, students must display strong swim mechanics and be proficient in all swim strokes (freestyle, breast stroke, back stroke, and side stroke) on the day of the swim test. The instructors have the final say in whether the participant is a strong enough swimming candidate to take this course. Please look at the Prerequisite Swim Skills Rubric, also on the website.

Locations: Surf Drive Beach and Falmouth Fire Station

Dates: July 6th – August 6th

Time: 2:00 – 4:00

Cost: $200

Upon successful completion of the course participants will be certified in American Red Cross Waterfront Lifeguarding, First Aid, and CPR and AED for the Professional Rescuer. For more information call the Surf Drive Bath House at 508-548-8623.
Please send form and payment to:
Falmouth Beach Committee
59 Town Hall Square
Falmouth, MA 02540
or bring form and payment to the Ellen Mitchell Bath House

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Name: 

Age: _______ Phone Number: ___________

Please Circle the Class You Prefer: Monday/Wednesday Tuesday/Thursday

Paid: ___________ Cash Check (office use)