



The West Springfield Park & Recreation Department is offering a Lifeguard Certification Course!

Learn: CPR, First Aid, AED and Water Rescue Skills

FULL attendance & participation in all sessions is required for all candidates who successfully pass the Pre-Course Swim Skills Test*

***Pre-Course Skills Test will be held Friday, April 4th from 6:00pm-8:00pm at West Springfield High School Sady Pool.**

Please be prepared to pass the following:

- SWIM 300 YARDS (12 lengths of a 25 yd. pool) (Swim goggles can be worn)
 - Surface dive to retrieve a 10 lb. object & return to the surface
 - 2 Minute Tread without stopping and using your legs only

*Portions of this course will also be taught online and must be completed by **APRIL 18th**.*

Mandatory In-Person Dates: April 22, 23, 24 & 25, 2025 (Tuesday – Friday)

Times: 8:00am-2:00pm

Location: Sady Pool, West Springfield Senior High School

Fee: **\$300.00 West Springfield Residents ~ **\$350.00 Non-Residents

(**\$250 WS Resident/Non-Resident Fee will be reimbursed if participant is employed as a lifeguard by the W.S. Park & Recreation Dept. for a minimum of 150 hours during Summer 2025)

Pre-Registration is required at www.wsparkandrec.com (Classes & Courses)

Sign up early! Maximum number of participants is **20** for the course.

Participants **MUST** be 15 years old by April 25th.

Questions? parkandrec@tows.org or (413) 263-3284

