



**Need a summer job? Learn to be a Lifeguard!**

## **LIFEGUARD TRAINING**

This class is designed to give participants the basic skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course offers up-to-date information on how to guard; anticipate and prevent problems; and to take action to help those in need. CPR, First Aid, and AED for the professional rescuer are included in the cost of the program. Participants must pass a swim test on the first day of class in order to remain registered. This class is a blended class with online videos and in person learning.

**AGES:** 16+

**WHEN:** June 26 – 30 | 9am–2:30pm

**COST:** Member: \$290 | Non-Member: \$350

Recertification: \$100 (with current certification)

**LOCATIONS:** Scantic Valley YMCA

45 Post Office Park, Wilbraham, MA 01095

**FOR MORE INFORMATION:**

Kim Lavallee

Association Aquatics Director

P: 413.596.2749 ext. 3124



[www.springfieldy.org](http://www.springfieldy.org)

# Lifeguard Training Teacher Guide

**Jill E. White**



## **Lifeguard Training Teacher Guide:**

*The Living Ocean Teacher's Guide* , **A Teacher's Guide to Including Students with Disabilities in General Physical Education** Martin E. Block,2007 The comprehensive bestselling guide to making inclusive physical education work for students of all ages includes a wide range of low cost adaptations realistic case studies and practical guidance on key issues like safety and behavior challenges **Lifeguard Training Activities and Games** Susan J. Grosse,2009-07-09 Lifeguard Training Activities and Games is a complete resource for aquatics managers or lifeguard supervisors responsible for conducting site specific on the job training for lifeguards The compilation of games skill drills activities and guidance enhances training and conditioning of lifeguards and creates a high performing staff Throughout the book the focus is on keeping activities fun and engaging to promote participation and ensure your lifeguards acquire the skills they need in order to take action in an emergency The book contains more than 70 proven training activities divided into chapters by type of lifeguard skill Each activity is short enough to be part of an in service or class warm up session Most have variations allowing for continued challenges of participants performances through increasing levels of difficulty The drills games and activities improve lifeguards general aquatic skills and physical fitness surveillance emergency response and rescue skills and teamwork and problem solving skills With this knowledge and training you will be able to develop and maintain a high performing lifeguard staff Certification as a lifeguard is the first step in the overall training process The real training begins on the job and the responsibility for that training is left to the aquatics manager or lifeguard supervisor Lifeguard Training Activities and Games makes that training fun engaging meaningful and practical **Resources in Education** ,1974-07 **American Red Cross Water Safety Instructor's Manual** ,2004 **Research in Education** ,1974 **Encyclopedia of Careers and Vocational Guidance** ,2011 Praise for the previous edition An outstanding resource for all libraries Library Journal starred review useful for job seekers and career centers of all types recommended American Reference Books Annual Highly recommended for secondary school public and academic libraries Booklist provides a comprehensive overview of a vast array of occupations a great place to start a career search School Library Journal Encyclopedia of Careers and Vocational Guidance now in its 15th edition remains the most comprehensive career reference in print This unparalleled resource has been fully revised and updated to contain the most accurate and current career information available In Five Volumes and More than 4 100 Pages of Information The five volume Encyclopedia of Careers and Vocational Guidance 15th Edition is an essential resource for public college high school and junior high school libraries career centers guidance offices and other agencies involved with career exploration More than 800 articles have been revised and updated since the last edition to reflect accurate up to date career information Along with revisions and updates to all articles included here are more than 35 new career articles and more than 100 new photographs Each article offers expanded career information sidebars and other user friendly features Called out by graphic icons are the top 10 fastest growing careers and the top 10

careers that experts predict will add the greatest number of positions through the year 2018 Extensive Online References and On the job Interviews More than 2 500 Web sites selected for inclusion based on the quality of information they provide are listed in the career articles and refer users to professional associations government agencies and other organizations More than 100 on the job interviews ranging from worker profiles to daily routines to workers comments about their occupation are also included in major career articles Designed to hold students attention and relay information effectively this edition of Encyclopedia of Careers and Vocational Guidance is the ideal starting place for career research This edition features Comprehensive overviews of 94 industries More than 750 up to date job articles including more than 35 new articles The latest information on salaries and employment trends On the job interviews with professionals More than 800 sidebars providing additional reading on industry issues and history useful Web sites industry jargon and much more Approximately 500 photographs of people at work with more than 100 new to this edition Career articles keyed to four different government classification systems Career Guidance section in Volume 1 providing information on interviewing job hunting networking writing r sum s and more A comprehensive job title index in each volume plus additional indexes in Volume 1 New information on using social networking sites for job hunting electronic r sum s and more Extensive Online References and On the job Interviews Volume 1 Volume 1 contains two major sections Career Guidance and Career Fields as well as appendixes and indexes Career Guidance is divided into four parts Preparing for Your Career presents information on cho

**Starguard Instructor Guide** Jill E. White,2006 The instructor guide for the Starfish Aquatics StarGuard lifeguard training course gives you the skills and guidelines you need in order to be a proficient course facilitator The instructor guide first describes techniques that have proved effective for teaching adult learners with helpful tips for class organization and management It presents course and instructor guidelines with instructions for awarding certification and the requirements for becoming a StarGuard instructor Finally it provides you with lesson plans for each class session and interactive activities that will keep your s

**The United States Lifesaving Association Manual of Open Water Lifesaving** B. Chris Brewster,1995 The only comprehensive manual for the training and reference of lifeguards at both surf and inland beaches this manual is designed to be used in basic training of open water beach lifeguards and in junior lifeguard programs It is an essential reference for beach lifeguard supervisors and administrators This text is consistent with the requirements of the USLA Lifeguard Agency Certification Program Over 300 pages in length the manual contains over 100 photographs and 25 technical drawings

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*Programs Directory* Michael A. Paré, 1996 Providing detailed profiles on certification and accreditation programmes in the  
US this book includes information on certification and accreditation programmes that denote skill level professionalism  
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