



City of New Bedford
Jonathan F. Mitchell, Mayor

City of New Bedford
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P R E S S R E L E A S E

New Bedford Parks Recreation & Beaches Department to Offer Lifeguard Training Program

New Bedford, Massachusetts—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 Community 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 13, 2014 to participate in the lifeguard training. There is a \$225 registration fee to participate. A pre-requisite swim test will be held on Sunday, March 1st 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 1 (pre-requisite swim test) |
| March 8 | March 9 |
| March 15 | March 16 |
| March 22 | March 23 |
| March 29 | March 30 |
| April 5 | April 6 |
| April 12 | April 13 |

**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 ex 503.

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