




This summer (2021), the Town of New Market will once again be hosting lifeguarding courses in a blended learning format due to COVID-19 restrictions in order to train in and out of town citizens (members of the public) interested in becoming a certified lifeguard or reviewing for recertification.

Lifeguarding/Lifeguarding Review: (Ages 15+)	Saturday, May 22, 2021 and Sunday, May 23, 2021 10:00 a.m. to 4:00 p.m.
Address:	9656 Cadet Road, New Market, VA 22844
Cost:	Lifeguarding: \$250.00 Lifeguarding Review (Recertification): \$175.00
Certifications:	AED, CPR for the Professional Rescuer, First Aid, and Lifeguarding
 <p>Upon successful completion of this course, participants will receive a two year certification from the American Red Cross via email.</p>	
Instructor:	Corey H. Harlow, LGI
Phone:	Phone: (540) 335-0853
Email:	charlow@pagecounty.k12.va.us
Blended Learning Topics (Virtual & Traditional Learning):	
<p>Lesson 1: The Professional Lifeguard and Facility Safety</p> <p>Lesson 2: Facility Safety, Patron Surveillance and Injury Prevention</p> <p>Lesson 3: Injury Prevention and Rescue Skills, Part 1</p> <p>Lesson 4: Rescue Skills, Part 2</p> <p>Lesson 5: Before Providing Care, Victim Assessment and Breathing Emergencies</p> <p>Lesson 6: Cardiac Emergencies and Using an Automated External Defibrillator</p> <p>Lesson 7: First Aid</p> <p>Lesson 8: Head, Neck, and Spinal Injuries in the Water</p>	
Register Online At:	https://forms.gle/m6ts3Cwe1ApnHQFY8