

# JUNE 2024 LIFEGUARD COURSE

## Mandatory Pre-Test

Thursday, June 20th - 5-6 pm

(Swim 300 yds. of proficient Front Crawl/Breaststroke,  
2 minutes of legs-only treading, swim and retrieve 10 lb. brick).

## Class Schedule

Monday, June 24th - 8:30 am - 3pm

Tuesday, June 25th - 8:30 am - 3pm

Wednesday, June 26th - 8:30 am - 3pm

Thursday, June 27th - 8:30 am - 3pm

Friday, June 28th - 8:30 am - 3pm

(Orchard Hills)

Friday, June 28th - 6:15 pm - 8pm

(YMCA Fitchburg)

**\$350 total**

**Includes \$50 non-refundable fee for the Pre-test.**

Registration deadline 6/18/24

Register today at [www.ohaclub.com](http://www.ohaclub.com) or all the front  
desk at 978-537-8387. Questions? Email us at  
[swimschool@ohaclub.com](mailto:swimschool@ohaclub.com)

**ORCHARD HILLS**  
ATHLETIC CLUB

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