

## CRPA AQUATIC SECTION--AQUATIC TRAINING LIST

				updated 6/22/09
<b>Call the numbers listed to find out more on registration, fees, course information and other course requirements.</b>				
<b>See the section on indoor and outdoor aquatics facilities. Contact facility for class offerings.</b>				
<b>LIFEGUARDING COURSES (r.06)</b>				
Lifeguard Modules, Lifeguard Management, Safety Training for Swim Coaches				
<b><u>Lifeguarding</u></b> (must be at least age 15 on or before the final class)				
June 22-26	Mon.-Thurs., 10am-6pm Fri., 10am-4pm	West Hartford	Mandell Jewish Community Center	860-231-6307 <a href="http://www.mandelljcc.org">www.mandelljcc.org</a>
June 29-July 2	Monday-Thursday, 8am-4pm	Mansfield	Mansfield Community Center	860-429-3015 x 0 <a href="mailto:noelei@mansfieldct.org">noelei@mansfieldct.org</a>
July 20-25	Mon.-Fri., 5-9pm and Saturday, 10am-3pm	Norwalk	Norwalk YMCA	203-683-4292 Jack Harder <a href="http://www.midfairfieldredcross.org">www.midfairfieldredcross.org</a>
July 20-30	Mon.-Thurs., 8am-12noon	South Windsor	Parks and Recreation Dept.	860-648-6355 <a href="mailto:jaime.krajewski@southwindsor.org">jaime.krajewski@southwindsor.org</a>
Sept. 15-Oct. 24	Tues., 6-9pm and Sat., 8:30-11:30am	Granby	Farmington Valley YMCA	860-653-5524 <a href="mailto:charlie.austin@ghymca.org">charlie.austin@ghymca.org</a>

<b><u>Lifeguarding Challenge</u></b> (for soon to expire, but still current in Lifeguarding)				
<b><u>Waterfront Lifeguarding</u></b> (must be at least 15 on or before final class)				
<b><u>Waterfront Lifeguarding Challenge</u></b> (for soon to expire, but still current in Waterfront Lifeguarding)				
<b><u>Waterpark Lifeguarding</u></b> (must be at least age 15 on or before the final class)				
<b><u>Shallow Water Attendant</u></b> (must be at least age 15 on or before the final class)				
<b><u>Lifeguard Management</u></b> (no prerequisites, a great course for head guards and managers)				
<b><u>Safety Training for Swim Coaches</u></b>				
<b><u>CPR/AED for the Professional Rescuer</u></b>				
<b><u>CPR/AED for the Professional Rescuer CHALLENGE</u></b>				
<b><u>CPR</u></b>				
<b><u>Oxygen Administration</u></b>				

## INSTRUCTOR COURSES

Water Safety, Lifeguarding, Etc.

**Fundamentals of Instructor Training (FIT)** Required for any Instructor Certification

**Water Safety Instructor** (Must be at least age 16, have another Red Cross instructor certification or take the Red Cross Fundamentals of Instructor (FIT) course, and pass a swimming test.)

July 11, 12, 18, 19	Saturday, 10am-5pm and Sunday, 8am-5pm	Plainville	American Red Cross	860-678-2826 <a href="mailto:Kuzmajoe@usa.redcross.org">Kuzmajoe@usa.redcross.org</a>
July 13-17	Monday-Friday, 8am-4:30pm	Shelton	Parks and Recreation Dept.	203-925-8422 <a href="http://www.cityofshelton.org">www.cityofshelton.org</a>

**Lifeguarding Instructor** (Must be at least age 17, have another Red Cross instructor certification or take the Red Cross Fundamentals of Instructor (FIT), and pass a pre course session.)

June 5-28	Friday, 6:30-9pm and Sat./Sun., 8am-12noon	Shelton	Parks and Recreation Dept.	203-925-8422 <a href="http://www.cityofshelton.org">www.cityofshelton.org</a>
June 6-9	Saturday-Tuesday 8am-6pm	Ridgefield	Red Cross	203-792-8200 <a href="mailto:DosSantosN@usa.redcross.org">DosSantosN@usa.redcross.org</a>

<b><i>Year round Locations; use contact info. below to find out more about when the next classes will be held:</i></b>			
Bristol	Parks & Recreation	860-584-3837	Lifeguarding classes spring/summer, Water Safety Instructor
Cheshire	Parks & Recreation	203-271-3208	Lifeguarding classes spring/summer, Water Safety Instructor
Danbury area	Western Conn Red Cross	x3011	WSI, Lifeguarding classes
East Hartford	Parks & Recreation	860-528-1458	WSI, Lifeguarding, Waterfront Lifeguarding
East Lyme	Nutmeg Aquatics	860-691-4681	<a href="http://www.nutmegaquatics.com">www.nutmegaquatics.com</a>
Glastonbury	Parks & Recreation	860-652-7679	Lifeguarding, spring WSI
Granby	Farmington Valley YMCA	860-653-5524	Water Safety Instructor, Lifeguarding classes
Hebron	Hemlocks Rec. Center	860-228-9496 x313	Lifeguarding fall/spring, call for more info
Mansfield	Mansfield Comm. Center	860-429-3015	Lifeguarding classes
Mansfield	Holiday Hill Day Camp	860-678-4324	Registration through the American Red Cross
Manchester	Parks & Recreation	860-647-3164	Lifeguarding, WSI
Meriden	Parks & Recreation	203-630-4259	Indoor and outdoor pools
Meriden	YMCA	203-235-6386	Lifeguarding and springtime WSI
Newington	Parks & Recreation	860-665-8666	Spring WSI, Jan/March Lifeguarding classes
Norwich	Southeastern CT YMCA	860-889-7349	Lifeguarding classes
Orange	Orange Parks & Recreation	203-891-2188	Year-round classes in LG and WSI
Plainfield	Parks & Recreation	860-564-1819	Lifeguarding
Plainville	Parks & Recreation	860-747-6022	Lifeguarding classes, springtime WSI
Rocky Hill	Parks & Recreation	860-258-2784	Lifeguarding, WSI, call for more information
Shelton	Parks & Recreation	203-925-8422	WSI, Lifeguarding, Challenges year-round training
Southington	YMCA	860-628-5597	Red Cross and 'Y' lifeguarding offered
Southwick, MA	Westfield Water Sports	1-413-569-1287	<a href="http://www.weu.com">www.weu.com</a> Water Safety Instructor, Lifeguarding classes
Wallingford	Faulkner Physical Therapy	203-265-0018 x260	Water Safety Instructor, Lifeguarding classes
Wallingford	YMCA	203-269-4497	Lifeguarding classes
Waterford	Parks & Recreation	860-444-5881	Lifeguarding, call for details
West Hartford	Cornerstone Aquatics	860-521-3242	Lifeguarding classes
West Hartford	Jewish Community Center	860-236-4571	Lifeguarding
West Hartford	Saint Joseph College	860-232-4571	Lifeguarding, possible WSI, call for details
Westbrook	Valley Shore YMCA	860-399-9622	call for details
Westin	Parks & Recreation	203-222-2588	Lifeguarding, WSI
Westport	YMCA	203-226-8981	Lifeguarding
Wethersfield	Parks & Recreation	860-721-2890	Lifeguarding programs, call for details
Wilton	YMCA	203-762-8384	Lifeguarding
Winsted	Northwest YMCA	860-379-0708	Lifeguarding classes

<b>Seasonal locations (outdoor pool and lakes) you can contact to find out when the next classes will be held:</b>			
Bloomfield	Bloomfield Recreation	860-243-2923	Water Safety Instructor, Lifeguarding classes
Canton	Parks & Recreation	860-693-5808	Lifeguarding classes
Coventry	Parks & Recreation	860-742-4068	Lifeguarding classes, Lakefront
Farmington	Farmington Farms	860-677-2489	Spring/summer Lifeguarding & WSI classes
Farmington	Farmington Field Club	860-677-1209	Summer Lifeguarding
Farmington	Winding Trails, Inc	860-677-8229	June/July WSI, summer Lifeguarding
Lebanon	Parks & Recreation	860-642-7716	Spring summer WSI
Litchfield	Parks & Recreation	860-567-7569	Batam Lake, summer WSI, Lifeguarding classes
Marlborough	Parks & Recreation	860-295-6203	Marlborough Lake, summer Lifeguarding, sometimes WSI
Rocky Hill	School of Swimming	860-563-2804	Summer Lifeguarding
Simsbury	Parks & Recreation	860-658-3836	Lifeguarding, WSI
Simsbury	Hop Meadow CC	860-658-1181	Summer Lifeguarding
So. Windsor	Recreation	860-648-6355	Summer aquatic programs
Stafford	Parks & Recreation	860-684-5367	Staffordville Lake, June WSI, summer Lifeguarding
Vernon	Parks & Recreation	860-8703520	Outdoor facility, call to find out more
<b><u>SMALL CRAFT</u></b>			
<b>Small Craft Safety, Canoeing, Kayaking, Sailing, Rowing courses and challenges</b>			
(must have basic skills to maneuver each craft)			
<b>Fundamentals of Canoeing</b> Must be at least age 16 and a comfortable in deep water			
<b>Fundamentals of Canoeing Instructor</b> Must be at least 17, have another Red Cross instructor certification or take Red Cross FIT course, and pass a precourse skills test demonstrating proficient paddling skills. (Based on Fundamentals of Canoeing).			
<b>Basic Water Rescue Instructor</b> Must be at least age 17, have another Red Cross instructor certification or take a FIT course.			
<b>US Sailing</b> (available through Norwalk Sailing School)			

<b>Other Small Craft Contacts</b> paddle days, educational sessions, craft demo days, etc., call for details			
Zoar Outdoor		800-532-7483	Mass ACA Kayaking, Canoeing www.zoaroutdoor.com
Camp Chinqueka		860-567-9678	Litchfield, June aquatic/small craft cam
New Milford Parks & Recreation		203-355-6050	New Milford, rowing workshop
New Haven Recreation		203-946-6768	Lighthouse Pt. Park, call for clinics and demo days
Trading Post		860-354-3276	Paddle days, www.tp-kayaks.com
Collinsville Canoe & Kayak		860-693-6977	Canton, April, June, and Oct. demo days tours, classes, demo days, www.cckstroe.com
Willimantic River Fest			watch local papers or send a message to willimanticriver@amance, wralliance@yahoo.com
North Cove Outfitters		860-388-6585	Late April/early May, lessons available, call for details
US Sailing Association		401-6830800	Find out about sailing and counselor courses, http://www.ussailing.org
Sound Sailing Center		260-838-1110	Norwalk, US Sailing Instructor, see http://soundsailingcenter.com
Bristol Reg. Environmental Center		860-583-1234	Bristol, call for info to see if canoeing courses offered
Boating Education		860-434-8638	Find out more at http://dep.state.ct.us, then education & outreach
Mattabeset River Watershed		860-667-9233	Cromwell area-July/August trips, all levels welcome
Machias Adventures		203-7337	Mass-Conn area fall day canoe trips, www.machiasadventures.com
Sea Kayaking Tours/lessons		845-246-2187	New York/Conn area, www.atlantickayaktours.com
Annsville Creek Paddle sport		914-793-2588	Hudson River areas, April-Oct info@paddlesportcenter.com
British Canoe Union		845-246-2187	New York/Conn Area, coaching certs, www.BCUNA.com
New England Outing Club		860-227-6207	Conn & New England, canoe/raft trips, newengoutingclub@aol.com
Westfield Water Sports		1-413-569-1287	Toll-free 1-888-WE-CLIMB, kayaking lessons, trips
CT Appalachian Mt. Club		203-221-7439	Lessons, skills for flat water & white water www.ct-amc.org
<b>Other Special Aquatic Programs/or Events</b>			
Lifeguard Competition		<a href="http://www.crpa.com">www.crpa.com</a>	Connecticut Parks and Recreation Association, annual event
Riverfront Recapture		860-713-3131	Htfd-Rowing, Sculling, Sweep Programs, Regatta, Rowing Clinics
		<a href="http://www.riverfront.org">www.riverfront.org</a>	
Aquatic Exercise Association		888-AEA-WAVE	Check Website for more info: http://aeawave.com
Swiftwater Rescue-NH		603-827-4139	Lifesaving resources, http://lifesaving.com
Water Rescue Tech		603-827-4139	For more info: http://lifesaving.com
Aquatic Safety seminars		603-827-4139	Lifesaving resources, http://lifesaving.com
US Fitness Association		561-732-9908	http://www.uswfa.com; uswfa@aol.com
Certified Pool Operator		888-858-0784	Various dates: see http://nspf.com for more information
Aquatic Facility Operator		703-858-0784	See National Recreation and Parks Association at http://www.nrpa.org
US Sport Center/Springfield		413-748-3709	Springfield College- persons w/disabilities/adaptive aquatics/sports

<b>Connecticut Contacts</b> to call for more information regarding upcoming aquatic and water safety training courses:			
Charter Oak Chapter	860-678-4324	877-243-5727: Toll-free or visit <a href="http://charteroak.redcross.org">http://charteroak.redcross.org</a>	
Connecticut area- Red Cross	877-287-3324	Connecticut: Toll-free to all Conn. Red Cross Chapters <a href="http://ctredcross.org">http://ctredcross.org</a>	
Fairfield County Red Cross		Connecticut	<a href="http://www.ctredcrossclasses.org">www.ctredcrossclasses.org</a>
Bloomfield Recreation	860-243-2923	Bloomfield	Summer aquatic programs
Branford Parks & Recreation	203-488-8304	Branford	Spring LG & WSI
Bristol Parks & Recreation	860-584-3836	Bristol	Lifeguarding, spring/summer WSI, call for info
Canton Parks & Recreation	860-693-5808	Canton	Summer Lifeguarding classes
Camp Chinqueka	860-567-9678	Litchfield	June aquatic/small craft camp
Cheshire Parks & Recreation	203-271-3208	Cheshire	WSI, LG year round, call for more details
Cornerstone Aquatics	860-521-3242	West Hartford	Indoor, year-round courses
Coventry Parks & Recreation	860-742-4068	Coventry	Lakefront
East Hartford Parks & Recreation	860-528-1458	East Hartford	WSI, Lifeguarding, Waterfront Lifeguarding
East Lyme- Nutmeg Aquatics	860-691-4681	East Lyme	<a href="http://www.nutmegaquatics.com">www.nutmegaquatics.com</a>
Farmington Field Club	860-6771209	Farmington	Early summer, Lifeguarding
Faulkner Physical therapy	203-265-0018 x260	Wallingford	Lifeguarding, WSI
Geer YMCA	860-824-2788	North Canaan	Call for more information
Glastonbury Parks & Recreation	860-652-7679	Glastonbury	Spring WSI, also Lifeguarding
Goshen/Woodridge Lake	860-491-9286	Goshen	Summer aquatic programs
Groton (sub-base)	860-694-3562	Groton	Call for information
Hemlocks Recreation Center	860-228-9496 x313	Hebron	Lifeguarding fall/spring, call for more info
Jewish Community Center	860-236-4571	West Hartford	Lifeguarding
Litchfield Parks & Recreation	860-567-7569	Bantam Lake	Summer aquatic programs
Manchester Parks & Recreation	860-647-3164	Manchester	Lifeguarding, WSI
Mansfield Community Center	860-429-3015	Storrs/Mansfield	Lifeguarding programs
Marlborough Parks & Recreation	860-295-6203	Marlborough Lake	Summer Lifeguarding, sometimes WSI

Meriden Parks & Recreation	203-630-4259	Meriden	Call for information
Meriden YMCA	203-235-6386	Meriden	Call for information
Mid-Fairfield Red Cross	203-227-9505 x25	Norwalk	Lifeguarding, WSI
Mystic YMCA*	860-536-3575	Mystic	*YMCA Lifeguarding (also see Westerly 'Y')
New London Parks & Recreation	860-447-5230	New London	Lifeguarding (late spring, call for details)
Newington Recreation	860-665-8666	Newington	Lifeguarding, WSI, call for information
Northwest YMCA	860-379-0708	Winsted	Call for information
Norwalk Parks & Recreation	203-854-7806	Norwalk	Call for information
Orange Parks & Recreation	203-891-2188	Orange	year-round classes in LG & WSI
Plainfield Parks & Recreation	860-564-1819	Plainfield	Indoor Facility, Lifeguarding
Plainville Parks & Recreation	860-747-6022	Plainville	Lifeguarding, WSI
Plymouth Recreation	860-585-4031	Plymouth/Terryville	Summer Lifeguarding
Preston Parks & Recreation	860-889-2482	North Stonington	Early summer training, call for info.
Rocky Hill Parks & Recreation	860-258-2784	Rocky Hill	Lifeguarding, WSI, call for information
School of Swimming	860-563-2804	Rocky Hill	Summer Lifeguarding and swim lessons
Shelton Parks & Recreation	203-925-8422	Shelton	A variety of year-round training
Shoreline Foundation	203-458-6612	Madison	AquaDome, call for a variety of programs
Simsbury Parks & Recreation	860-658-3836	Simsbury	Outdoor facility, call for information
Southeastern CT YMCA	860-889-7349	Norwich	On-going Lifeguarding classes
Southington YMCA	860-628-5597	Southington	Red Cross and 'Y' Lifeguarding offered
SE Fairfield Red Cross	203-576-1010	Trumbull	Call for information
So. Windsor Parks & Recreation	860-648-6355	So. Windsor	Summer aquatic programs
Stafford Parks & Recreation	860-684-5367	Staffordsville Lake	June WSI, summer Lifeguarding
Valley Shore YMCA	860-399-9622	Westbrook	e-mail to <a href="mailto:Jkeogh@vsymca.org">Jkeogh@vsymca.org</a>
Vernon Parks & Recreation	860-870-3520	Vernon	Outdoor facility, call for information
Wallingford YMCA	203-269-4497	Wallingford	Call for information
Waterford Parks & Recreation	860-444-5881	Waterford	Lifeguarding, WSI, call for details
West Hartford Leisure	860-523-3159	West Hartford	Summer Lifeguarding
Western Conn Red Cross	203-792-8200	Danbury	June programs, call for details
Western Conn State University	203-837-8624	Danbury	Call for more information
Wethersfield Parks & Recreation	860-721-2890	Wethersfield	Lifeguarding programs, call for details
Winding Trails, Inc.	860-677-8229	Farmington	June/July WSI, summer Lifeguarding

<b>Out of State Contacts</b> call for more information regarding aquatic schools or other available training				
Westfield Water Sports		1-413-569-1287	Southwick, MA	<a href="http://www.weu.com">www.weu.com</a>
Southbridge YMCA		508-765-5466	Southbridge, MA	Lifeguarding, WSI
Berkshire County Red Cross		800-332-2030	Pittsfield, MA	Call for more information
Pioneer Valley Red Cross		413-737-4306	Springfield, MA	Winter/Spring Lifeguarding
Central Mass Red Cross		508-595-3700	Worcester, MA	Call for more information
Greater Westfield Chapter		412-562-9684	Westfield, MA	Call for more information
Rhode Island Red Cross		1-800-842-1122	statewide chapter	<a href="http://www.riredcross.org">www.riredcross.org</a>
Boys & Girls Club		401-722-6271	Pawtucket, RI	Call for more information
University of Rhode Island		401-874-4653	Kingston, RI	A variety of aquatic training available
Westerly YMCA		401-596-2894	(branch in Mystic CT)	Uses YMCA Lifeguarding
Northeastern NY Red Cross		518-458-8111	Albany, NY	Ext. 3034, aquatic school
Westchester Red Cross		914-949-6500	White Plains, NY	Call for more information
North Vermont Red Cross		802-660-9130	South Hero, VT	Call for aquatic school info
<b>To add additional information contact Livia Jacobs at <a href="mailto:ljacobs@ci.rocky-hill.ct.us">ljacobs@ci.rocky-hill.ct.us</a> or call 860-258-2784</b>				