Guard Start Lifeguarding Tomorrow



Monday - Friday 11:10 AM - 11:40 AM



The Guard Start: Lifeguarding Tomorrow course is designed to build a foundation of knowledge, attitudes, and skills in preparation for the Red Cross Lifeguard Training Course. Swimming skills will be evaluated on the first day of class. Students must be able to swim in deep water. **This course does not certify anyone to be a Lifeguard.**

Located at the Town of Cheektowaga Town Park Pool