

James E. Kelly  
Director



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# LIFE GUARD TRAINING COURSE

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Phone # (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Cell # (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail \_\_\_\_\_

## Lifeguard Training

*Pre-requisite:* Must be a minimum age of 15 on or before the final scheduled class. In the beginning of the course, there will be a Pre-course Session, in which you will be required to pass a skills test.

The skills you must perform are as follows:

1. Swim 300 yards continuously, using these strokes in the following order:
  - 100 yards of front crawl (a.k.a. freestyle) using rhythmic breathing and a stabilizing, propellant kick.  
*Rhythmic breathing can be performed either by breathing to the side or to the front.*
  - 100 yards of breaststroke
  - 100 yards of either front crawl using rhythmic breathing or breaststroke. These 100 yards may be a mixture of front crawl and breaststroke. (This is not a timed event. Prospective students must show only that they can swim 300 yards using the strokes above without stopping).
2. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface, and swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds. *When returning to the starting point, you must hold the 10 pound object with both hands and must keep your face above water.*

*If you do not pass this pre-course testing (above), you will receive a refund less a \$50 processing/student fee.*

### **Course Description:**

This course is for those who have never taken an American Red Cross Lifeguard Training Course before, or for those who have an expired Lifeguard Training card. Prepares candidates with the necessary skills needed to prevent and respond to aquatic emergencies at a pool. This course includes training in Lifeguard Training and First-Aid (certificate is good for 3 years) and CPR/AED for the Professional Rescuer. (certificate is good for 1 year). *This course Does Not include Waterfront Training.*

Course Fee \$ 350.00

Office Use Only:	Date Received: ____/____/2007	Amount Received: \$____.00
Payment Received:	Ck #: _____	Cash: \$____.00    Credit Card: Visa    MasterCard    Amex