



## MAY - JUNE 2009

The American Red Cross Lifeguard course will offer participants the opportunity to receive a three year certification in American Red Cross Lifeguarding and First Aid, and a one year certification in CPR/AED for the Professional Rescuer. Participants must be able to pass a pre-requisite test in order to be eligible to participate in the full lifeguard course. Details on the pre-requisites are on the back of this sheet. **Classes fill quickly, so enroll early!** The course will be taught over the course of two weekends (Class schedule is subject to change).

1 Friday:	4:00 pm - 8:00 pm	<b>Cost:</b>	(\$20 non-refundable fee)
2 Saturdays:	9:00 am - 6:00 pm (with Lunch Break)		\$115 for Members
2 Sundays:	2:00 pm - 6:00 pm		\$150 for Non-Members

Course Dates	Pre-Test	Registration Begins	Registration Ends
May 29, 30, 31, June 6, 7	May 26 at 7:00pm	April 20	May 22
June 12, 13, 14, 20, 21	June 9 at 7:00pm	April 20	June 5

### ADDITIONAL INFORMATION

#### Pretest:

- 1.) Must provide proof of age (Student ID, Drivers license, or passport). Must be **15** by end of course
- 2.) Must perform the following skills:
  - A. 300 yard (12 lengths) continuous swim (no time limit)
    1. 100 yards of front crawl, using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
    2. 100 yards of breaststroke using a pull, breathe, kick and glide sequence
    3. 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl or breaststroke
  - B. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, 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.

#### Materials (to be gotten from the American Red Cross on Grove Rd. PRIOR to first day of class):

- 1.) American Red Cross Lifeguard training book
- 2.) Pocket Mask with a one way valve

**\*\*\*Participants MUST bring suitable swimsuit, towel, and required class materials to ALL class sessions\*\*\***

#### Certification requirements:

1. Attendance is **MANDATORY**  
(If participant can not make all class times (no exceptions), the participant does not pass the course-**NO REFUND**) \*Double check dates and times prior to registration.
2. Active participation in all class sessions
3. Demonstrate competency in all required skills
4. Demonstrate competency in the three final skill scenarios
5. Correctly answer at least 80% of the questions in each of the three sections of the final written examination