



## AMERICAN RED CROSS LIFEGUARDING COURSE

Includes Red Cross Lifeguarding with CPR/AED for the Professional Rescuer & First Aid

### MUST BE 15 YEARS OLD ON OR BEFORE THE LAST DAY OF CLASS

Prerequisites for class — participants must be physically able to:

Swim 300 yards of mixed strokes: freestyle & breaststroke. Tread water for 2 minutes using legs only.

Swim 20 yards, surface dive 10 feet, retrieve 10 pound weight, and swim 20 yards back.

(All must be completed in 1 minute, 40 seconds. Goggles not permitted.)

### PREREQUISITE DATES: \$10

CHOOSE ONE, MUST BE BEFORE CLASS WANTING TO ATTEND, HAVE TO PASS TO ATTEND FULL CLASS

<input type="radio"/> Tues, Feb 6 6-7 pm	<input type="radio"/> Tues, Mar 12 4-5 pm	<input type="radio"/> Tues, Apr 2 4-5 pm	<input type="radio"/> Tues, May 7 4-5 pm
<input type="radio"/> Wed, Feb 7 6-7 pm	<input type="radio"/> Wed, Mar 13 6-7 pm	<input type="radio"/> Wed, Apr 3 6-7 pm	<input type="radio"/> Wed, May 8 6-7 pm
<input type="radio"/> Thur, Feb 8 6-7 pm	<input type="radio"/> Thur, Mar 14 4-5 pm	<input type="radio"/> Thur, Apr 4 4-5 pm	<input type="radio"/> Thur, May 9 4-5 pm

### FULL CLASS DATES: \$190

MUST ATTEND ALL THREE CLASS DATES TO PASS CLASS

<input type="radio"/> CLASS 1	<input type="radio"/> CLASS 2	<input type="radio"/> CLASS 3	<input type="radio"/> CLASS 4
Fri, Feb 23 5pm - 8pm	Fri, Mar 22 5pm - 8pm	Fri, Apr 19 5pm - 8pm	Tues, Jun 4 9am - 12pm
Sat, Feb 24 9am - 4pm	Sat, Mar 23 9am - 4pm	Sat, Apr 20 9am - 4pm	Wed, Jun 5 9am - 4pm
Sun, Feb 25 9am - 4pm	Sun, Mar 24 9am - 4pm	Sun, Apr 21 9am - 4pm	Thur, Jun 6 9am - 4pm

### RECERT DATES: \$90

<input type="radio"/> RECERT 1	<input type="radio"/> RECERT 2	<input type="radio"/> RECERT 3	<input type="radio"/> RECERT 4
Sun, Feb 25 9am - 4pm	Sun, Mar 24 9am - 4pm	Sun, Apr 21 9am - 4pm	Thur, Jun 6 9am - 4pm
<input type="radio"/> CPR ONLY 1	<input type="radio"/> CPR ONLY 2	<input type="radio"/> CPR ONLY 3	<input type="radio"/> CPR ONLY 4
Sun, Feb 25 12pm - 4pm	Sun, Mar 24 12pm - 4pm	Sun, Apr 21 12pm - 4pm	Thur, Jun 6 12pm - 4pm

All information must be that of the participant; NO parent phone number or email.  
Phone Number & Email must be unique to the participant as they will be identifying factors for their Red Cross account.

<b>Name:</b>			
Age:	Date of Birth:	<input type="radio"/> Male <input type="radio"/> Female	
Address:			
Phone Number:		Email:	
<b>Emergency Contact:</b>			Emergency #:



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### ONLINE LEARNING PORTION

Once Prerequisites have been PASSED, participant will be enrolled in an online course. Link for the course will be sent to the email provided on the registration form. This course takes approximately 6 hours to complete.

MUST BE COMPLETED BEFORE THE FIRST DAY OF CLASS!

\*Best to complete course on a laptop or desktop computer. Phones and tablets do not save progress.

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MUST ATTEND ALL THREE CLASS DATES TO PASS CLASS

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### NOTES FOR CLASS

Online portion must be completed before class starts. Skills learned online will be practiced in class.

Participants should bring snacks, water bottle, swimsuit, and towel every day.

A 50% reimbursement will be issued for cancellations up to the day before class starts.

Day of or later cancellations will not be refunded. (No refund for prerequisite.)