

# American Red Cross Lifeguard Certification Class Schedule

**Blended Learning Course Format**  
(19.5 hours classroom/pool training, 7.5 hours on-line training)

**Class Dates: Saturday, May 16 – Sunday, May 21, 2017**

**Registration Dates: April 24 – May 9, 2017**

**Cost: \$80** (Make checks payable to the Sea Lions Swim Team. The fee is nonrefundable.)

Once you are registered for the class and payment is received, a link to the on-line training will be sent to you via e-mail. You can begin the on-line training at any time once you receive the link. **Please note that the on-line portion of the class MUST be completed prior to starting class on May 16, 2017.**

Prerequisites for lifeguard training include:

1. Must be 15 years old by the last day of the class (5/21/17)
2. Must pass the pre-course swimming skills test (scheduled 4/27/17 and 4/29/17):
  - Continuously swim 300 yards (12 laps) using a combination of freestyle and breaststroke
  - Swim 20 yards, retrieve a 10-pound weight from the deep end of the pool, return to the starting place with the weight at the water surface, and exit the pool without using the ladder within 1 minute and 40 seconds
  - Tread water without using hands for 2 minutes (hands in armpits)

## **Class Schedule (All training will be conducted at the Town of Mammoth Swimming Pool.):**

**Thursday, April 27, 2017 (4 pm – 6 pm):** Swimming Skills Test (Lifeguard Recertification only)

**Saturday, April 29, 2016 (10 am – 12 pm):** Swimming Skills Test

**Tuesday, May 16, 2017 (6 pm – 8 pm):** Lifeguard Class begins (The on-line portion of the class needs to be completed and the swimming skills test must be passed in order to begin the Lifeguard Class.)

**Wednesday, May 17, 2017 (6 pm – 8 pm):** Lifeguard Training

**Friday, May 19, 2017 (6 pm – 8 pm):** Lifeguard Training

**Saturday, May 20, 2017 (9 am – 4 pm):** Lifeguard Training/CPR

**Sunday, May 21, 2017 (9 am – 4 pm):** First Aid/ Lifeguard Training/Testing

Lifeguard Certification is good for two years.

For more information or to register, please contact Alex or Wendy Gort at (520) 896-2190.

# LIFEGUARD CLASS REGISTRATION FORM 2017

NAME	(FIRST)	(LAST)	GENDER	(M OR F)
	ADDRESS			AGE
EMAIL ADDRESS	(STREET)	(CITY)	(STATE)	(ZIP)
	PHONE NUMBER(S)		BIRTHDATE	(M/D/Y)
PARENT OR GUARDIAN (if under the age of 18)	PARENT OR GUARDIAN		SWIMMING YEARS EXPERIENCE	
	(FIRST)	(LAST)	HAVE YOU BEEN A LIFEGUARD BEFORE?	YES NO
			MY LIFEGUARD CERTIFICATION EXPIRES	(M/D/Y)

In the Lifeguard Training course the participant will be educated on the duties and responsibilities of a lifeguard in a professional setting. They will also learn a number of life guarding techniques, such as surveillance; proper use of rescue equipment for a distressed swimmer, active drowning victim, and passive drowning victim; and proper care for individuals who may have a head, neck, or spinal injury. Successful course completion requires participation in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing cardiopulmonary resuscitation (CPR) and removing a victim from the water. If you have a medical condition, disability, or if you have any questions about your ability to participate in this course, you must discuss with your physician or health-care provider and the instructor responsible for the course PRIOR to the start date of the life guarding course.

No refunds will be issued for cancellations made after May 15, 2017. Participants who fail to meet the course prerequisites will automatically be given a full refund.

There are absolutely no makeup classes for missed classes in the lifeguard course.

No refund will be issued if a participant does not pass the course or does not attend the full course.

I understand that this certification course is physically demanding and involves intense physical exertion. I hereby certify that the person registering for this course is in sound physical condition and is capable of participating safely in this course. I hereby agree to indemnify and save and hold harmless the Sea Lions Swim Team and the Town of Mammoth from any loss, liability, damage, or cost that may be incurred due to the participation of the registrant upon, or about the Town of Mammoth swimming pool or in any way observing or using any facilities or equipment of the Town of Mammoth or participating in any program affiliated with the Town of Mammoth whether caused by the negligence of the Town of Mammoth or otherwise. The undersigned has read and voluntarily signs this release and waiver of liability and indemnity agreement, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made. The undersigned hereby understands and agrees to the terms of registration indicated above.

\_\_\_\_\_  
(SIGNATURE) (DATE)

\_\_\_\_\_  
(SIGNATURE OF PARENT OR GUARDIAN) (if the participant is under the age of 18) (DATE)

**SEA LION USE ONLY:**

Registration Fee: Payable to Sea Lions Swim Team

Total = \_\_\_\_\_

Cash or Check # \_\_\_\_\_