

# **AMERICAN RED CROSS LIFEGUARD COURSE**

**Dates:** May 18, 19, 20, 2018 – Blended Learning- Must have access to computer and internet

**Registration Deadline:** May 14, 2018

**Fee:** \$210

Interested in having the skill to save a life? Do you want to earn money working at the Southwest Allen or other area pools? This course certifies you in American Red Cross Lifeguarding, First Aid, CPR for the Professional Rescuer and the AED which are all necessary for a position as a lifeguard.

## **Prerequisites:**

\*At least 15 years of age.

\*Swim 300 yds. continuously using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted.

Goggles are allowed.

\*Tread water for 2 minutes without support & without stopping. When treading, only the legs can be used. Candidates should place their hands under the armpits. Head must remain above the surface of the water.

\*Starting in the water, swim 20 yds., surface dive feet first or head first to a depth of 7-10 ft to retrieve a 10 lb brick. Return to the surface and swim 20 yds back to the starting point with both hands holding the brick & keeping the face at or near the surface so they are able to breath. The candidates should not swim the distance under water. Then exit the water in 1 min. & 40 seconds. Goggles are not allowed.

**\*THESE PREREQUISITES NEED TO BE TESTED ANYTIME BEFORE : May 14, 2018**

## **Actual Dates and Times:**

(PARTICIPANT **MUST** ATTEND ALL CLASSES. THERE WILL BE NO MAKE-UP DATES)

Friday, May 18 – 4 -10 p.m.

Saturday, May 19- 10 a.m.- 5 p.m.

Sunday, May 20- 12- 6 p.m.

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## **American Red Cross Lifeguard Course Registration Form**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

Email Address: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_ TELEPHONE/CELL: \_\_\_\_\_

Emergency Name and Contact Number: \_\_\_\_\_

Please make checks payable to Liz Story. **There will be no refunds after the first day of class.** Registration forms may be mailed to Summit Middle School, Attention: Liz Story, Aquatic Director, 4509 Homestead Road, Fort Wayne, IN 46814. For additional information call the Natatorium at 431-2585.