



PARDS FITNESS & AQUATICS CENTER  
30372 EDEN CHURCH RD.  
DENHAM SPRINGS, LA 70726  
225.664.8099  
WWW.PARDSL.A.COM

## 2018 LIFEGUARD CERTIFICATION CLASSES

PARDS will be offering certification classes for lifeguarding. This course also includes CPR/AED and First Aid training. You will go through Red-Cross lifeguard certification from a fully certified instructor. Please make sure you can attend **EVERY CLASS** in your session, as make up dates will not be given.

Session 1 (SPRING BREAK)	Session 2
TUESDAY, April 3rd 11AM-4PM	TUESDAY, April 17th 4:30PM-8:30PM
WEDNESDAY, April 4th 11AM-4PM	WEDNESDAY, April 18th 4:30PM-8:30PM
THURSDAY, April 5th 11AM-4PM	THURSDAY, April 19th 4:30PM-8:30PM
FRIDAY, April 6th 11AM-5PM	FRIDAY, April 20th 4:30PM-9PM

### Requirements to Lifeguard

- You can be 15 years old to take this lifeguarding course but PARDS only employs persons at least 16 years of age.
- Those under the age of 18 must have parental consent to participate in lifeguarding class.
- Must be able to tread water for 2 minutes (legs only)
- Swim 300 yards continuously using front crawl (freestyle) and/or breaststroke
- 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.

### Class INFO:

- Bring a towel, swimsuit, and sweatshirt (you will be getting in and out of water, so it can be cold)
- You will have a lunch/dinner break every day for 45 min, so you can bring your lunch or you may leave to go get something to eat during this time.
- If you have any questions you may email Courteney Stevens, Aquatics Director @ pardscfs@yahoo.com

### Certification Requirements

- 100% participation in all classes and activities
- Successfully perform all practical skills
- Score 80% or higher on all written exams

### Course Costs:

**\$100.00**

**•There will be NO  
refunds for this course.**

**2018 Lifeguard Certification Class**

**PARTICIPANTS' NAME**

Last \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Gender [ ] M [ ] F

Mailing Address: \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Parent's name: \_\_\_\_\_ Parent's phone: \_\_\_\_\_

Parent's name: \_\_\_\_\_ Parent's phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Are you interested in lifeguarding at AQUA PARDS? \_\_\_\_\_

Please circle which session you will be a part of:

Session 1

Session 2

There is a \$25.00 charge on all returned checks. **Initials** \_\_\_\_\_

PARDS does not provide accidental/medical insurance for program participants.

I grant PARDS or its agents permission to transport me/my child in the event of an emergency and I am unable to be contacted. I recognize that participation in PARDS activities may expose me/my child to some risk of injury. I agree to hold PARDS harmless from any claims for damage to property or injury, which may occur through participation in any activity at PARDS or in its programs.

I have read and understand the above information.

\_\_\_\_\_  
Signature of Participant or Parent/Guardian Date

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**PARTICIPANT'S PARENT/ GUARDIAN SIGNATURE (Required if under the age of 18)**

I, (print name) \_\_\_\_\_, do hereby give (participant's name) \_\_\_\_\_, permission to participate in the lifeguard certification class at PARDS.

I have read and understand all requirements in order to take this class.

\_\_\_\_\_  
Signature of Parent/Guardian Date

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Pmt. Date: \_\_\_\_\_ Pmt. Amt: \_\_\_\_\_ Pmt. Type: \_\_\_\_\_ Rec'd by: \_\_\_\_\_

Paid by: \_\_\_\_\_