



Lifeguard Certification Classes

PARDS will be offering certification classes for lifeguarding. You will go through Red-Cross lifeguard certification from a fully certified instructor. Please make sure you can attend every class in the session you enroll, as make up dates will not be given. Session sign up will close 3 days before the start of class.

Session 1	Session 2	Session 3
March 9 5 pm – 8 pm	April 2 10 am – 5 pm	May 4 5 pm – 8 pm
March 10 8 am – 5 pm	April 3 10 am – 5 pm	May 5 8 am – 5 pm
March 11 10 am – 4 pm	April 4 10 am – 5 pm	May 6 10 am – 4 pm
March 16 5 pm – 8 pm	April 5 10 am – 5 pm	May 11 5 pm – 8 pm
March 17 8 am – 5 pm		May 12 8 am – 5 pm
March 18 10 am – 4 pm		May 13 10 am – 4 pm

Requirements to Lifeguard

- Before working as a lifeguard you must be 16 years old to work at most pools.
- Those under the age of 18 must have parental consent to participate.
- Be able to tread water for 2 minutes (legs only); swim 100 yards of front crawl (freestyle)
- Swim 50 yards of each – front crawl with head up, sidestroke, breaststroke, breaststroke with head up, elementary backstroke kick with hands on chest; perform feet first surface dive in 8-10ft and swim underwater for 15 ft.
- Sprint approximately 60 ft then perform an arm-over-arm surface dive in 8-10ft of water, pick up dive ring and surface, treading water for 1 minute legs only, replace the object on the bottom, swim remaining length of the pool and exit the water. Immediately begin 1min of compressions on a manikin, then climb onto a guard stand and complete a scanning activity.

Certification Requirements

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

Course Costs

Members: \$180

Non-Members: \$225

*No refunds will be given for failure to attend or to complete requirements.

PARTICIPANTS' NAME

Last _____ First _____ MI _____

Date of Birth ____/____/____ Age _____ Gender [] M [] F

Phone _____

Are you a member of PARDS? _____

Please circle which session you will be a part of:

Session 1

Session 2

Session 3

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

I, (print name) _____,
do hereby give (print participants name) _____,
permission to participate in the lifeguard certification class at PARDS.
I have read and understand all requirements in order to take this class.

Signed: _____ Date: _____

EMERGENCY CONTACT INFORMATION

Name _____ Relationship _____

Home Phone _____ Cell Phone _____

Physical Address

Street *Apt #* *City* *State* *Zip*