



PARDS Fitness and Aquatics Center
 30372 Eden Church Rd.
 Denham Springs, LA 70726
 (225) 664-8099

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 sign up will close 3 days before the start of class.

Session 1	Session 2	Session 3
Tues, March 12 4 pm – 9 pm	Sun, March 24 1 pm – 5 pm	Tues, April 16 4 pm – 9 pm
Wed, March 13 4 pm – 9 pm	Mon, March 25 10 am – 5 pm	Wed, April 17 4 pm – 9 pm
Thurs, March 14 4 pm – 9 pm	Tues, March 26 10 am – 5 pm	Thurs, April 18 4 pm – 9 pm
Fri, March 15 4 pm – 9 pm	Wed, March 27 10 am – 5 pm	Fri, April 19 4 pm – 9 pm
Sat, March 16 9 am – 4 pm		Sat. April 20 9 am – 4 pm

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 of front crawl (freestyle) and breaststroke
- 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 8-10 ft and swim underwater for 15 ft.
- Sprint approximately 60 ft then perform an arm-over-arm surface dive in 8-10 ft 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.

2013 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 a member of PARDS? _____

Please circle which session you will be a part of:

Session 1

Session 2

Session 3

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

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

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