



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

2020 LIFEGUARD CERTIFICATION CLASSES

PARDS offers Red Cross Lifeguard certification classes with a certified Instructor. This course also includes CPR/AED and First Aid training. YOU MUST attend **EVERY CLASS** in your session, as make up dates will not be given.

Session 1 (March 30-April 3)	Session 2 (Spring Break)
Monday, March 30th: 4PM-9PM	Tuesday, April 14th: 10AM-4PM
Tuesday, March 31st: 4PM-9PM	Wednesday, April 15th: 10AM-4PM
Wednesday, April 1st: 4PM-9PM	Thursday, April 16th: 10AM-4PM
Thursday, April 2nd: 4PM-9PM	Friday, April 17th: 10AM-UNTIL Complete
Friday, April 3rd: 4PM-UNTIL Complete	

Requirements to Lifeguard:

- You can be 15 years old to take this lifeguarding course.
- 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.

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.**

If you have any questions you may email Courteney Stevens, Aquatics Director @
pardscfs@yahoo.com

2020 Lifeguard Certification Class Registration Form

PARTICIPANT'S INFO:

LAST:	FIRST:	GENDER:	DOB:	AGE:
		M OR F		
ADDRESS:				
CONTACT #:		EMAIL ADDRESS:		

PARENT/GUARDIAN INFO:

LAST:	FIRST:	CONTACT #:	EMAIL ADDRESS:
LAST:	FIRST:	CONTACT #:	EMAIL ADDRESS:

EMERGENCY CONTACT INFO:

LAST:	FIRST:	CONTACT #:	RELATIONSHIP:

ARE YOU INTERESTED IN LIFEGUARDING AT AQUA PARDS? (circle one) YES OR NO

SESSION: (circle one) SESSION 1 SESSION 2

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

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

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

Office Use Only:

Pmt. Date: _____ Pmt. Amount: _____ Rec'd by: _____

CC: _____ Chk #: _____ Paid By: _____