

2023 LIFEGUARD CERTIFICATION CLASS

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

ONLY SESSION: (April 10th-13th, Spring Break)
Monday, April 10th: 9:30AM-4:30PM
Tuesday, April 11th: 9:30AM-4:30PM
Wednesday, April 12th: 9:30AM-4:30PM
Thursday, April 13th: 9:30AM-Until Complete

Requirements to Lifeguard:

- You must be at least 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.

<u>Certification Requirements</u>

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

Course Costs:

\$125.00

*Payment is DUE on 1st day of class.

*There will be NO refunds for this course.

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

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PARTICIPANT'S INFO:										
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ADDRESS:										
CONTACT	#:		EMAIL A	DDRESS:						
PARENT/GUARDIAN INFO:										
LAST:	FIRST:	CONTACT #:		EMAIL ADDRESS:						
LAST:	FIRST:	CC	ONTACT #:	EMAIL ADDRESS:						
EMERGENCY CONTACT INFO:										
LAST: FIRST:		CC	ONTACT #:	RELATIONSHIP:						
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.										
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Office Use Only:										
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