

Aquatics

Lifeguarding for Pool & Waterfront Summer 2010

American Red Cross Waterfront Lifeguarding is ideal for lifeguards working at non-surf, open-water environments such as lakes and rivers, as well as traditional pools. The course teaches professionalism, patron and facility surveillance, rescue board techniques, emergency preparedness, and more. This course includes certification for pools.

Prerequisites: ■ **Minimum age of 15.**

■ **Precourse Swim Test:**

- Swim 550 yards (about 500 meters) continuously.
- 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.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4–7 feet of water, resurface and swim 5 yards to the side of the pool.

Fee: \$450	Tuesday, May 25	4:00–9:00PM	Friday, May 28	4:00–9:00PM
	Wednesday, May 26	4:00–9:00PM	Saturday, May 29	10:00AM–6:00PM
	Thursday, May 27	4:00–9:00PM		

Waterfront Lifeguarding Crossover

This two-day course is designed for those who have already been trained in traditional (pool) lifeguarding, who want to expand their Lifeguarding skill sets to include Waterfront skills. In addition to the prerequisites for Waterfront Lifeguarding, participants must first complete a recertification challenge of basic lifeguarding skills (including CPR and First Aid.) Successful completion of this program will result in new certifications in Lifeguarding/Waterfront Lifeguarding, First Aid and CPR/AED for the Professional Rescuer.

Fee: \$250	Friday, May 28	4:00–9:00PM	Saturday, May 29	10:00AM–6:00PM
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Registration Form

Lifeguarding for Pool & Waterfront **Summer 2010**

Name _____ Member No. _____

Address _____ City/State/Zip _____

Home Phone _____ Work Phone _____

E-Mail Address _____

Credit card # _____ exp date _____

Please enroll me in: Full Course Crossover