



## American Red Cross Lifeguard Certification Course

St. Marys Aquatic Center  
301 Herb Bauer Drive  
St. Marys Ga. 31558  
Phone 912-673-8118  
Fax 912-673-8294

**Course Fees: \$175 Make checks out to CCRC**

Lifeguard Training Blended Class - Some components of the class will be completed by the student online in addition to on-site classwork and hands on skills

**Minimum Age: 15 years old on or before April 2<sup>nd</sup> 2016**

**Must be Pre-registered by March 18<sup>th</sup> 2016** \*Class space is limited

**Required: Proof of age, course materials and pass Pre-Test:**

**Participants must demonstrate the following skills successfully in order to continue in the course:**

1. 300 yd continuous swim using the front crawl, breast stroke or a combination of both. Swimmers may wear goggles but must display breath control and comfort in deep water.
2. Tread water for 2 minutes with legs only. Body must remain near vertical, head must remain above water, using only legs and NO arms or hands are used to stay up.
3. Timed event: starting in the water swim 20 yards, surface dive to a depth of 7-10 feet and retrieve a 10 lb object. Return to the surface and swim with both hands holding the object to the starting point with the face at or close to the surface of the water. Exit the pool without using steps or a ladder. You have 1 minute 40 seconds from start until exiting the pool to accomplish this task. Goggles are NOT allowed for this task.

**Those not able to successfully accomplish the swimming pre-test will not be allowed to continue in the class. You must attend every session of the course, successfully complete all skills, pass water skill scenarios, academic sessions and score at least 80% on written exams to obtain certification.**

**Bring your towel, dry clothes, snack and drink for classroom after swimming**

# 2016 Lifeguard Class Registration Form

March 26-April 2, 2016

*Class Registration does not guarantee certification. You must be present for all class sessions and pass all required skills and written tests to qualify for certification.*

PLEASE PRINT CLEARLY

Name \_\_\_\_\_ Age \_\_\_\_\_ Age Verification \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

\*Email \_\_\_\_\_

Phone \_\_\_\_\_ Alt phone \_\_\_\_\_

\$175 Payment method (ck #) \_\_\_\_\_ Credit Card Payment – Circle one - Visa/MC/AMEX

All payments are non-refundable with the exception of students who do not pass the pre-test. If student cannot complete the pre-test class fees will be refunded minus \$35 administration fee.

- **Certification certificates will be emailed to you**
- **LIABILITY:** I, the parent or guardian of the child listed above, hereby give approval to his/her participation in Lifeguard Training. I assume all risks and hazards incidental to such participation including transportation to and from activities; and do hereby waive, release, absolve and indemnify and agree to hold harmless City of St. Marys, St. Marys Aquatic Center, CCPSA Leisure Service, PSA, local league organization, the organizers, sponsors, supervisors, participants and persons transporting the child to and from activities, for any claim arising out of injury to the child, except to the extent and in the amount of the amount covered by accident and/or liability insurance held by the local league. **MEDICAL:** I also grant permission to the managing and/or Instructing personnel or other Aquatic representatives to authorize and obtain medical care and treatment from any licensed physician, hospital or medical clinic, including major surgery deemed necessary by and adult licensed physician should the child become ill or injured while participating in activities away from home, or at other times when neither parent/guardian is available to grant authorization for emergency treatment.

Parent/Guardians Signature \_\_\_\_\_ Date \_\_\_\_\_