

# American Red Cross Lifeguarding Course

Beginning April 11 and continuing for the next 4 Sundays through May 9<sup>th</sup>.  
The class will begin at 1pm each Sunday and end at approximately 4:30pm.

**TOTAL COST \$175.00**

(Includes all materials, books and CPR Masks)

(Challenge Course and Review Course for Lifeguarding, First Aid and CPR available for currently, or recently certified guards wishing to renew their certifications on one of the following dates:

May 2<sup>nd</sup> at 4:30 pm; May 8<sup>th</sup> at 11am; May 14<sup>th</sup> at 11am; May 20<sup>th</sup> at 6pm

**Each review course \$50.00 or both for \$75.00**

**The purpose of the course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. Upon successful completion of the A.R.C. Lifeguarding Course you will receive an *American Red Cross Universal Certificate* indicating that you are certified in Lifeguarding/First Aid, which is valid for 3 years, and an *American Red Cross Universal Certificate* indicating CPR/AED for the Professional Rescuer, which is valid for 1 year.**

To enroll in the course you must be at least 15 years of age before the last scheduled class session and you must be able to demonstrate the following:

- Swim 300 Yards Continuously, using 100 yards of front crawl (freestyle), 100 yards of breaststroke and an additional 100 yards of either stroke.
- 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.

**Make Checks Payable to FOR SWIMMING**

If you have questions call Leslie at 463-5441 or email Leslie at [leslie@rockbridgeswims.org](mailto:leslie@rockbridgeswims.org)

Mail Registration to  
Leslie Ayers  
323 Old Farm Road  
Lexington, VA 24450

**Registration Form**

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Phone \_\_\_\_\_ email \_\_\_\_\_ Emergency Contact \_\_\_\_\_  
 Emergency Contact Phone# \_\_\_\_\_  
 Address: \_\_\_\_\_

Lifeguarding /CPR (\$175.00) \_\_\_ CPR Class Only (\$100.00) \_\_\_  
 Lifeguard Challenge/Review (\$50.00) \_\_\_ CPR Recertification (\$50.00) \_\_\_ Both (\$75.00) \_\_\_

Check # \_\_\_\_\_ Class Date? \_\_\_\_\_

Waiver: In consideration of my participation, I, for myself, my heirs, successors, executors, administrators, distributes and assigns, do hereby release and discharge FOR Swimming, Inc., RARO, and the City of Lexington and all other sponsors, including the trustees, servants, agents, officers, employees, successors and assigns of each, from any and all actions, causes of action, claims and demands from damages of whatever natures, arising out of or in any way connected with my participation. I acknowledge and confirm that I am fully aware of the risks involved in this event and certify that I am physically fit to participate. I further certify that I have read the foregoing and have full understanding of its contents.

Participant Signature \_\_\_\_\_ Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_  
 (if over 18) (if under 18)