

# Lifeguard Class Registration

Participant's Name: \_\_\_\_\_  Female  Male DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail (required) \_\_\_\_\_ @ \_\_\_\_\_

\*If participant is under 18 years old, please complete information below:

Parent 1/Guardian's Name: \_\_\_\_\_ Cell/Work Phone \_\_\_\_\_

Parent 2/Guardian's Name \_\_\_\_\_ Cell/Work Phone \_\_\_\_\_

*Signature of parent/guardian and Participant on Premier Recreation Management's registration form indicates permission to participate in the program and the authorization to use promotional photos of participants. I release Premiere Recreation Management and its staff from all claims of any injury which may be sustained by participants while participating in the class. If medical attention is required, I give permission to authorize treatment.*

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

(Required if Participant is under 18 years old)

## LIFEGAURD COURSE DESCRIPTION

This course will teach you basic lifeguarding practices, help improve your endurance and certify you as a lifeguard through the American Red Cross.

Prerequisites:

- At least 15 years old
- Swim 300 yards continuous using front crawl ( using rotary breathing and a stabilizing propellant kick) and breast stroke ( using effective pull, breathe, whip kick and glide sequence)
- Tread water for 2 minutes using legs only
- Swim 20 yards, retrieve 10lb brick from 10 ft. depth and tow back to start point with both hands on brick and exit water in 100 seconds.

First Aid, CPR and AED for Lifeguard are included in the course.

## Lifeguard Class Options

**Option 1 – Traditional Class**

Saturday 5/13/17 2:00PM – 8:00PM

Sunday 5/14/17 1:00PM - 7:00PM

Saturday 5/20/17 10:00AM - 6:00PM

Sunday 4/23/17 12:00PM - 8:00PM

**COST: \$150**

**Option 2 – Blended Learning**

**Must complete online portion prior to first class**

Tuesday 5/23/17 10:00PM – 8:00PM

Wednesday 5/24/17 10:00PM - 8:00PM

**COST: \$150 total**

**\$115 to Premier Recreation + \$35 to American Red Cross**

**(Make checks payable to Premier Recreation Management)**