



Register by: 4/12

# The Natatorium

## SUNDAYS ONLY Lifeguard Training

# TRAIN TO SAVE

### AMERICAN RED CROSS

### LIFEGUARD COURSE

**TRAINING DATES (Must be 15 by the final course date):**

**Dates & Notes for course:**

**Must attend all classes**

**4/13 12-8P \*Precourse included in first class\***

**4/27 1-8P**

**5/4 1-8P**

**5/18 1-8P**



**Fee:**

**\$99 with signed Work**

**Agreement**

**\$175 for all others**

**Participants requirements:**

- 15 yrs of age & must successfully pass required pre-course swim test
- Must attend **ALL** classes or you will NOT pass the course

**Upon successful completion each participant will receive the following American Red Cross Certifications:**

- Lifeguard Training
- CPR for the Professional Rescuer
- Automated External Defibrillation (AED)
- Preventing Disease Transmission

Participants should bring lunch, towels, suits, sandals, lock (combination/key), water bottle, ID (government issued) & class room tools every day.

Please contact Jordan for more information

at **330-971-8077**

**Release form must be signed and**

**brought to class**

Class Limited to 12



**CITY OF  
Cuyahoga Falls**

**MAYOR DON WALTERS**

**American Red Cross  
Lifeguard Training  
Course**

**To Lifeguard Class Candidate:**

**Welcome to the American Red Cross Lifeguard Course. Please read the information on this form, sign at the bottom, and bring it with you on the first day of class.**

**Must attend all in-person classes and complete all online assignments**

**YOU MUST BE ABLE TO PROFICIENTLY SWIM 200 YARDS CONTINUOUSLY.**

**Prerequisite Swimming Skills Evaluation:**

**1. Candidates will perform a 200 yard swim-tread-swim event. This event involved swimming 150 yards, treading for 2 minutes with no hands, then swimming the remaining 50 yards. This event is untimed except for the tread. Swim must be on front and demonstrate knowledge of Freestyle or Breaststroke.**

**3. Candidates will perform a 1 minute and 40 second timed event.**

- Swim approximately 20 yards. The face may be in or out of the water.**
- Surface dive, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10lb brick.**
- Return to surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so you are able to get a breath. You may not swim the distance with your face under water.**
- Exit the water without using a ladder or steps.**
- Goggles are NOT permitted during this event.**

All lifeguard candidates will be required to attend ALL scheduled classes. There is no extra class time scheduled for make-ups. In addition, much of the information and skills are cumulative, and missing a class will hinder other students with valuable class time being spent in review of previous material. Extraordinary circumstances will be handled on a case-by-case basis and subject to the approval of the instructor(s). Advance notification is appreciated. These attendance guidelines will be strictly enforced and failure to attend all classes will result in the student being dropped from the course. Responsibility and reliability are the most important attributes of a good lifeguard. The lifeguarding candidate will be expected to display these traits throughout the class. Signing below indicates acknowledge of and agreement of these policies.

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**Student's Signature**

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**Parent's signature (if under 18 yrs)**

**THIS FORM MUST BE SIGNED AND BROUGHT TO THE FIRST CLASS**

**\* If you are unable to complete the pre-course test, your money will be refunded except for \$5 for processing fees\***

