

2017 April/May Lifeguard Training Class

Dates: April 28, 29, 30 and May 5, 6, 7 (dates and times on back)

Site: Watertown Indoor Pool at Riverside Middle School

Age: Candidates must be 15 by the end of the class

Fees: \$200 class fee; Online/internet access at home is needed to obtain the required Lifeguard Training book. If this is not possible, there is an additional \$40.00 fee to purchase a print copy of the book.



Registration: This class will be filled on a first come, first serve basis.

Class is limited to 10 students.

Registration is being accepted at the Park & Rec Office.

**Registration Deadline:
Wednesday April 26, 2017**

Special Needs: The Department will make every effort to comply with the regulations associated with the Americans with Disabilities Act (ADA). In the space provided below, please list any special needs a participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.



Watertown Park & Recreation Department
2017 April/May Lifeguard Training Class

Name: _____ Age: _____ Birthday: _____

Address: _____ City: _____

Phone: _____ Email: _____

List any special needs this participant has: _____

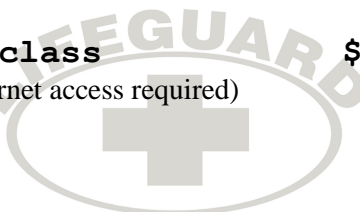
I hereby release the sponsoring groups from any and all claims from my participation in this program and verify that I am medically fit to participate.

Parent/Guardian Signature: _____ Date: _____

FEE PAID:

\$200/class
(home internet access required)

\$240/class and book
(no internet access needed)



Class Dates and Times:

Friday April 28 (4-9pm)
Saturday April 29 (7am-5pm)
Sunday April 30 (11am-6pm)
Friday May 5 (4-9pm)
Saturday May 6 (7am-1pm)
Sunday May 7 (11am-6pm)

You must clear your schedule to attend every class/all class hours, as there will be no make-up sessions offered!

Congratulations on your decision to take the American Red Cross Lifeguarding course! The training you will receive will be demanding and will require a commitment of time, energy and effort from you. The rewards will be mental and physical conditioning as you become a true lifeguard professional.

*You will need to come to each class session rested, ready to go, and prepared for hard work as this is a very challenging course.

*Be sure to always bring extra towels, sweats, snacks, etc. for the duration as we will be in and out of the water.

***There will be NO make--up sessions as it is too difficult to schedule them. You will need to clear your schedule to ensure that you are available to FULLY attend each class session.**

***Following are the American Red Cross prerequisites that each candidate needs to complete before being admitted into this Lifeguarding class.** Should a candidate fail to complete these prerequisites, s/he will not be permitted to continue and must withdraw from the class.

1. Swim 300 yards continuously (no pauses or stops) demonstrating rhythmic breathing and a stabilizing propellant kick. Feet must stay off pool bottom.
 - a. Candidates may swim using the front crawl, breaststroke or a combination of both
 - b. Goggles may be used
2. Tread water for 2 consecutive minutes using only the legs.
 - a. Candidates should place their hands under their armpits or raise their hands out of water.
3. Complete the following timed event within 1 minute, 40 seconds:
 - a. Starting in the water, swim 20 yards; the face may be in or out of the water. Swim goggles are NOT allowed.
 - b. Surface dive, feet first or head-first, to a depth of 12 feet to retrieve a 10-pound object.
 - c. Return to the surface and swim 20 yards on the back to return to the starting point, with both hands holding/remaining on the object and keeping the face at the surface to be able to breath. Candidates may not swim the distance under water.
 - d. Exit the water and stand up without using the ladder.

****Please note that this class is a pass/fail program; the department will not issue refunds should the student fail to complete all requirements (after admittance into the class).**