

# 2017 March Lifeguard Training Class

**Dates:** March 3, 4, 5, 10, 11, and 12 (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:  
Friday February 24, 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 March 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**

(internet access required)

**\$240/book**

(no internet access needed)



**Class Dates and Times:**

Friday March 3 (4-9pm)  
Saturday March 4 (7am-4pm)  
Sunday March 5 (11:30am-5pm)  
Friday March 10 (4-9pm)  
Saturday March 11 (7am-4pm)  
Sunday March 12 (11:30am-5pm)

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

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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).**