

# LIFEGUARD TRAINING COURSE

Classes to be held at the Ridgefield Park – Jack B. Davis Municipal Pool

Start date is July 5, 2011 to End Date July 19, 2011

**Last day to register is June 18, 2011**

## **PREREQUISITES:**

\*Be at least 15 years of age by the last scheduled session of the instructor course.

\*Successfully complete the pre-course session including the following:

1. Swim 300 yards continuously using these strokes in the following order:
  - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
  - 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
  - 100 yards of either front crawl or breaststroke. The 100 yards may be a mixture of front crawl and breaststroke.
2. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7 - 10 feet, retrieve a 10-pound object, return to 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.

## **LENGTH:**

Approximately 32+ hours (including pre-course testing & breaks)

## **ATTENDANCE POLICY:**

Candidates are expected to attend all classes. There will be **NO EXCEPTIONS**. There will be **NO REFUNDS** for candidates who dropout once the actual class begins. Course materials will be distributed after successful completion or the pre-test.

## **CERTIFICATION REQUIREMENTS:**

Attend and actively participate in all course sessions. Successfully complete class activities, including the required practice assignments.

### **CERTIFICATIONS ISSUED:**

- \*Lifeguard Training and First Aid
- \*CPR/AED for the Professional Rescuer

### **REGISTRATION and TUITION INFORMATION:**

In order to participate, registration forms and course tuition of \$250.00 (\$225.00 Instructor fee plus \$25 facility usage fee) must be received by the instructor on or before the scheduled start date of the course. Tuition includes all books materials and facility usage fee.

### **REFUND POLICY:**

## **THE TRAINING FEE IS NON-REFUNDABLE**

Participants must pre-pay before attending the class. All registrations and payments must be received by the instructor no later than June 18, 2011.

### **CONFIRMATION DETAILS:**

To help ensure an enjoyable and successful experience:

- Swimming attire is required for participation.
- Dress comfortably; most skills are practiced on the floor in a kneeling position.
- Please arrive on time. No admittance is permitted 15 minutes after the start of the class.
- Bring a pen/pencil and reading glasses if necessary.
- All necessary course materials will be provided during class.
- Practice sessions can be physically demanding. If you have any questions about your ability to participate, consult with your Health Care Provider prior to the course.

If there are any special needs that the instructor should know about, please call Brian Haines at 201-669-6307.