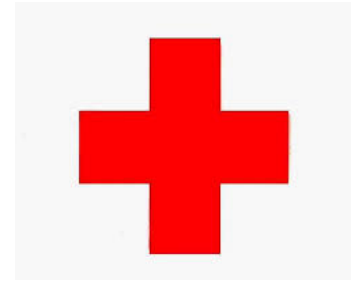




American Red Cross

Lifeguarding Classes



Interested in a great job? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate.

Lifeguard Certification Requirements:

- Attend all class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in the skills scenarios.
- Correctly answer at least 80 percent on both final written exams.

**Resident
Cost:
\$200**

**Non-Resident
Cost
\$225**

Life guarding Pre-requisites:

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| <p>1. Must be 15 years old on or before the final scheduled session of this course.</p> <p>2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.</p> <p>3. Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits</p> | <p>4. Complete a timed event within 1 minute,40 seconds.</p> <ul style="list-style-type: none"> • Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. • Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve at 10-pound object. • Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps. |
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Spring Class

June 2 (Saturday) 8:00 am – 2:00 pm

June 3 (Sunday) 11:00 am – 5:00 pm

June 9 (Saturday) 8:00 am – 2:00 pm

Space Is Limited!

A SPECIAL WAIVER WILL NEED TO BE COMPLETED 1 OF 2 WAYS.

1. PRINT A COPY AND COMPLETE. PLEASE RETURN WITH THIS REGISTRATION FORM. WWW.LODI.K12.WI.US CLICK ON COMMUNITY AND THEN CREW. POOL FORM ON THE RIGHT SIDE OF WEBSITE!
2. REGISTER ON-LINE AND COMPLETE INFO FOR THE WAIVER ON-LINE

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| <p>Any Questions Contact 592-1076</p> <p>Mail/Drop Off Form to:</p> <p>CREW Attn: Heidi Endres 115 School St Lodi, WI 53555</p> | <p><u>Participants Name:</u> _____</p> <p>Phone _____</p> <p>Email _____</p> <p>DOB: ____/____/____ Phone: _____</p> <p>Method of Payment: Resident: \$200/Non-Resident \$225</p> <p><input type="checkbox"/> Check (make payable to Lodi Schools)</p> <p><input type="checkbox"/> Cash (drop off only)</p> | <p>_____ Parent Name</p> <p>_____ Address</p> <p>_____ Emergency Phone & Name</p> <p>_____ Signature</p> <p><u>Lifeguarding Class – Spring 2018</u></p> |
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