



American Red Cross Lifeguarding Course

Are you 15 years or older and looking for a great year round job or a challenging career? Lifeguarding is the best place to start! This course prepares candidates to recognize and respond quickly and effectively to aquatic emergencies and prevent drowning and other incidents.

PREREQUISITE SWIM TEST:

- Swim 300 yards continuously, using these strokes in the following order (may use goggles for this portion ONLY)
 - 100 yards front crawl, using rhythmic breathing and a stabilizing, propellant kick
 - 100 yards breaststroke
 - 100 yards front crawl and/or breaststroke
- A 20 yard surface dive to a depth of 12 feet, retrieving a 10 lb. object and returning to the starting point. This is a timed exercise that must be completed within 1 minute and 40 seconds.
- Participants must pass the entire pre-skills test in order to continue the course!

COURSE REQUIREMENTS:

- Demonstrate competency in all required skills and activities
- Demonstrate competency in 3 final skill scenarios
- Pass with an 80% or more on each of the three multiple choice exams

ITEMS FOR CLASS:

- Swim suit, towel, goggles
- A one piece suit is highly recommended for all women taking the Lifeguarding Course
- Lunch or snack (if class is scheduled for 5 hours or more)
- Cell phones are not permitted in class

REFUND POLICY:

Participants must attend all scheduled classes and pass swim test. Failure to attend the entire class and or fail swim test will result in a failing grade and no refund. If participant has a medical situation, Premier will need a 7 day notice with doctor's note attached to receive a refund.

FEE:

\$220 payment must be rendered at time of sign up (non-refundable)

REGISTRATION DATES:

- 2011: December Lifeguard Course:
12/18-12/22 (9-2p)
- 2012: March Lifeguard Course:
3/19-3/23 (12-5p), 3/26-3/30 (4:30-9:30p)
- 2012: June Lifeguard Course:
6/11-6/15 (9-2p)

HOW TO REGISTER:

Please call 614.336.2582 or come in directly to our service desk and register. If you have any further questions please contact Rachel Lewand, Aquatic Manager at rlwand@premieratsawmill.com.