

American Red Cross

**LIFEGUARD WATERFRONT TRAINING RECERTIFICATION COURSES**

***Includes C.P.R. Recertification  
2017***

\*\*\*\*\* AT FREEDOM PARK \*\*\*\*\*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Amount Paid: \$ \_\_\_\_\_ Date: \_\_\_\_\_

**Please check which course you are signing up for:**

\_\_\_\_\_ **COURSE I:**

Tuesday, 5/23/17, 6-9pm

Friday, 5/26/17, 1-8pm (rain date 5/27) **Fee: \$200.00**

\_\_\_\_\_ **COURSE II:**

Thursday, 5/25/17, 6-9pm

Friday, 6/2/17, 1-8pm (rain date 6/3 ) **Fee: \$200.00**

Cancellation Fee: \$35 Please make check payable to: Town of LaGrange

Participants must bring their own CPR pocket mask. You may purchase one for \$15 at the Recreation office or on the 1<sup>st</sup> night of class.

Instructor: Tom Bubel

You are registered once we process your payment. *Registration is limited.*  
We will contact you only if there is a problem.

**RETURN BY: 5/14/17** TO: LaGrange Recreation Department  
120 Stringham Road  
LaGrangeville, NY 12540

*Prerequisites:*

15 years old before the first class, proof-of-age required.

On the first day of class persons must swim:

- 550 continuous yards (200 yards each of free swim and breaststroke and 150 yards of one of those two strokes).
- Be able to swim 20 yards with a surface dive to retrieve an object 7-10' deep and exit in 100 seconds.
- Be able to swim 5 yards, submerge and retrieve 3 diving rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side.

NOTE: RED CROSS requires a minimum of 6 people per class.

For more info contact: Sharon Beale, Rec. Dept. at 452-1972

DIRECTIONS TO FREEDOM LAKE: From TSP take Rt.55 east ¼ mile to first left on Velie Road to right on Skidmore Road 1 ½ miles to Freedom Park on right.