

American Red Cross

LIFEGUARD WATERFRONT TRAINING COURSES

2018

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

Name: _____ Age: _____

Phone: _____ E-Mail: _____

Address: _____

Amount Paid \$ _____ Date: _____

These American Red Cross Lifeguard Training courses include CPR for the Professional Rescuer, Standard First Aid, Lifeguard Training and Waterfront Module. Registration is limited.

Please check which course you are signing up for:

COURSE I:

- Wednesday, 5/30/18 6-8pm (Swim Trials)
- Sunday, 6/3/18 9am - 3pm
- Wednesday, 6/6/18 5:30-8:30pm
- Friday, 6/8/18 3:30-8pm
- Saturday, 6/9/18 9am-2pm **Fee: \$325.00**

COURSE II:

- Wednesday, 6/13/18 6-8pm (Swim Trials)
- Thursday, 6/14/18 6-8:30pm
- Friday, 6/15/18 1-5pm
- Saturday, 6/16/18 9am-3pm
- Wednesday, 6/20/18 6pm-8pm
- Friday, 6/22/18 10am-2pm **Fee: \$325.00**

Cancellation Fee: \$180. There will be a refund of \$145 for dropping the class or failing the swim trials. Please make checks payable to: Town of LaGrange

You are registered for the class once we process your payment. We will contact you only if there is a problem. Instructor: Tom Bubel

Return no later than 5/23/18: LaGrange Recreation Department
120 Stringham Road
LaGrangeville, NY 12540

Prerequisites:

15 years old before the final 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. More info contact Sharon Beale, Recreation Dept. at 452-1972. Directions to Freedom Lake: From TSP take Rt. 55 east ¼ mile to first left on Velie Rd. to right on Skidmore Rd. 1 ½ miles to Freedom Park on right.