

**American Red Cross**  
**LIFEGUARD WATERFRONT TRAINING COURSES**

**2019**

\*\*\*\*\* 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.*

**ATTENDANCE FOR EACH CLASS WITHIN THE COURSE IS MANDATORY.**  
**NO RESCHEDULING. NO EXCEPTIONS.**

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

**COURSE I:**

Wednesday, 5/29/19	6-8pm (Swim Trials)	
Saturday, 6/1/19	9am - 3pm	
Wednesday, 6/5/19	5:30-8:30pm	
Friday, 6/7/19	3:30-8pm	
Saturday, 6/8/19	9am-2pm	<b>Fee: \$325.00</b>

**COURSE II:**

Wednesday, 6/12/19	6-8pm (Swim Trials)	
Thursday, 6/13/19	6-8:30pm	
Friday, 6/14/19	1-5pm	
Saturday, 6/15/19	9am-3pm	
Wednesday, 6/19/19	6pm-8pm	
Friday, 6/21/18	12noon-4pm	<b>Fee: \$325.00</b>

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 5/17/19:** 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.