

American Red Cross

LIFEGUARD WATERFRONT TRAINING RECERTIFICATION COURSES

***Includes C.P.R. Recertification
2020***

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

Name: _____

Address: _____

Age: _____ Phone: _____ E-Mail: _____

Amount Paid: \$ _____ Date: _____ Cash/CK/CH: _____

Please check which course you are signing up for:

ATTENDANCE IN BOTH CLASSES WITHIN A COURSE IS MANDATORY.

NO RESCHEDULING. NO EXCEPTIONS. PLEASE BRING SOCIAL DISTANCING MASK.

COURSE I:

Monday, 6/15/20 3-7pm (Students should bring own CPR mask)
Tuesday, 6/16/20 3-8pm **Fee: \$210.00**

Cancellation Fee: \$100. 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 1st night of class.

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

RETURN BY: 6/11/20 120 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: Due to COVID-19 restrictions, there is a maximum of 6 students and a minimum of 4 students per course. For rescue situations where social distancing is not possible, you may bring a parent or sibling who **can swim** to partner with. Otherwise you will be partnered with another student in the course. For more info please contact the recreation office at 845-452-1972.