

American Red Cross
LIFEGUARD WATERFRONT TRAINING COURSES

2020

***** 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 BRING SOCIAL DISTANCING MASK.

Please check which course you are signing up for:

_____ COURSE I:

Wednesday,	6/17/20	3-7pm	(Swim Trials and start of class)	
Thursday,	6/18/20	3-8pm		
Friday,	6/19/20	3-8pm		
Sunday,	6/21/20	9am-4pm		Fee: \$325.00

_____ COURSE II:

Monday,	6/22/20	3-7pm	(Swim Trials and start of class)	
Tuesday,	6/23/20	3-8pm		
Wednesday,	6/24/20	3-8pm		
Thursday,	6/25/20	3-8pm		
Friday,	6/26/20	3-5pm		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.

Return no later than 6/11/20: 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: 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 contact the Recreation Dept. at 452-1972.