LIFESTYLES
AKRON GENERAL
HEALTH & WELLNESS CENTER - NORTH

AQUATICS
Lifeguard Training

American Red Cross Lifeguard Training

Participant's Name Male/Female DOB (if child) ID#

Parent/Guardian Name Phone Number Member ID#/Guest

Method of Payment: **payment for classes MUST accompany registration*

- Cash
- Check (made payable to Akron General Lifestyles)
- Credit Card
- Charge to Member Account (must include ID#)

Signature: _____

Cost:

Family Member:	$175 (#385)
Guest:	$215 (#386)

***Children of parents who have individual or couple memberships are considered guests.*

There are **NO MAKE UPS** for missed class sessions.

Dates: April 5th – May 3rd 2014 (NO CLASS APRIL 19th)

Time: Saturday: 12:30 – 6:00 p.m.

Registration: March 1st

Lifeguard Training Pre-requisites on back:

Swimming Pre-test will be Friday April 4th from 5:00 – 10:00 p.m.

Cancellations Policy: Cancellations 3 or more days before class will be refunded in full. Cancellations 1-2 days prior to class will be charged a $10 service fee. Cancellation the day of or after will NOT be refunded. Any class cancelled by the Aquatics Department will be refunded in full. Please contact the Aquatics Department for cancellations.

Questions or concerns?
Call the Aquatic Office at 330-945-3131

**To ensure quality and cost effective programming, the aquatic department reserves the right to combine, add, or cancel classes as necessary.*

Lifeguard Training Pre-requisites

- Be at least 15 years old before the end of the course
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using front crawl (freestyle), breaststroke or a combination of both but swimming on the back or side is <u>not</u> allowed. Swim goggles may be used
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits
- Complete a timed event within 1 minute, 40 seconds
    - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are <u>not</u> allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

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