LIFESTYLES
AKRON GENERAL
HEALTH & WELLNESS CENTER - NORTH

AQUATICS
Lifeguard Training

American Red Cross Lifeguard Training

X	Class Title	Day	Start Time	End Time	Family Member Code	Guest Code
	Lifeguard Training Course #1					
	February 27th - March 19th	M, W, TH	5:30 PM	9:00 PM	$175 (#385)	$215 (#386)
	Pretest Friday Feb 27th @ 5:30 PM	Sat 3/7, 3/14	10:00 AM	1:00 PM		

Registration begins February 1, 2015

X	Class	Day	Start Time	End Time	Family Member Code	Guest Code
	Lifeguard Training Course #2					
	April 17th - May 7th	M, W, TH	5:30 PM	9:00 PM	$175 (#385)	$215 (#386)
	Pretest Friday Apr 17th @ 5:30 PM	Sat 4/25, 5/2	10:00 AM	1:00 PM		

Registration begins April 1, 2015

X	Class	Day	Start Time	End Time	Family Member Code	Guest Code
	Lifeguard Training Course #3					
	April 12th - May 17th	Sunday	12:30 PM	6:00 PM	$175 (#385)	$215 (#386)
	Pretest Friday Apr 10th @ 5:30 PM					

Registration Begins March 16, 2015

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

- Lifeguard Training Pre-requisites on back
- **Reminder:** Children of parents, who have an individual or couple membership, are considered guests.
- **Program Registration:** Don't forget to fill out a program registration form prior to each session, found at the front desk or in the lobby flyer racks.
- **Swimming Pre-test** lasts about 3 hours
- Courses subject to change due to enrollment. Students will be shifted to next possible course if class is canceled or fees with be refunded.
- Class #1 and #2 have two Saturday class dates
- At this time LifeStyles does not offer online registration. Please visit Akron General LifeStyles in Stow to register. Questions please call 330-945-3131

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 canceled by the Aquatics Department will be refunded in full. Please contact the Aquatics Department for cancellations.

**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

Lifeguard Training Classes

American Red Cross Lifeguard Certification gives you the skills and knowledge to become a professional lifeguard. Through videos, group discussion and hands-on practice, you'll learn patron rescue and surveillance skills, first aid and CPR/AED. The Lifeguard certification course teaches professionalism, patron and facility surveillance, victim recognition, equipment-based rescues, and caring for head, neck and back injuries.

Lifeguard Training Course Details

The Lifeguard Training course is designed for individuals who want to lifeguard in a pool setting. Participants must be at least 15 years old by the last day of the Lifeguard Training course. The Lifeguard Training course includes a swimming pretest* the first day of class, rescue skills for shallow and deep water, spinal injury management skills, CPR skills, AED skills, First Aid skills and written and in-water skills tests. Participants should be prepared to enter the water at every class.

*Swimming Pre-test: Tread water for 2 minutes using legs only, swim 300 yards (100 yds front crawl, 100 yds breaststroke, 100 yds of either stroke) not timed, and do a 20yd swim retrieve a 10lb brick at a 7-10 feet depth, return to the starting point with the brick and exit the pool without any aid within 1 minute and 40 seconds. All participants must be able to pass the pre-test to continue the course.

Lifeguard Certificates Issued

At the completion of the Lifeguard training course, participants will be certified in Lifeguarding, First Aid and CPR/AED for the professional rescuer valid for 2 years.

Lifeguard Manual

You can download a free PDF version of the Red Cross Lifeguard text to study for training. Lifeguard Manuals will be provided for use during in class training (must be turned in at the end of class). Free Digital Manual: **Lifeguard Manual** or Students wishing to purchase the manual please visit: **www.shopstaywell.com** http://www.editiondigital.net/publication/?i=95090

What to Bring to Class

Lifeguard Training Forms; multiple bathing suit(s) and towel(s); a pen or pencil and paper for notes; and a CPR pocket mask (is included in registration fees).

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