

AMERICAN RED CROSS LIFEGUARD TRAINING COURSE



Place: Hightstown High School Pool
25 Leshin Lane Hightstown, N.J.

Dates: Wednesday-April 27, 2016 Pre Test: Time 2:30-7:30

Tuesdays and Thursdays

May 3, 5, 10, 12, 2016

Time: 2:30 to 7:30

Saturday: May 7, 2016

Time: 9:00 to 3:00

***Attendance mandatory for all dates**

Fee: \$300.00 includes book down loaded to your flash drive, whistle, and pocket mask. CPR PRO with AED, First Aid, and Lifeguard Training certification cards.

\$150.00 deposit to hold your spot and \$150.00 first day of class.

Re-certs \$150.00 Must have a pocket mask, whistle and ready to perform all skills. April 27, May 7 and May 12, 2016.

Requirements

- Must be 15 years old or older.
- Swim 300 yards continuously: front crawl and breaststroke.
- Submerge to minimum depth 7ft. and retrieve 10-pound object and swim 20 yards-in 1:40 TIMED
- Tread water for 2 minutes using only legs (hands under armpits)

For More Information & How to Register:

Call Cheryl O'Connor 609-443-7738 ex1333 coconnor@ewrsd.k12.nj.us

LIFEGUARD TRAINING REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____

ZIP: _____ **PHONE:** _____

CELL: _____ **AGE:** _____

EMAIL: _____

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Come prepared on the first day with bathing suit, towel, pen, note pad, flash drive, proof of age and something to eat & drink.

- \$ 150.00 deposit to hold your spot.
- \$ 150.00 due the first day of class.

NO REFUND IF YOU DECIDE NOT TO TAKE THE COURSE. *

***(Payment would be applied to a future course)**

Make Check payable to: Cash or Cheryl O'Connor

Please Mail Deposit & Registration Form To:

**Attention: Cheryl O'Connor
25 Leshin Lane
Hightstown, N.J. 08520**

Or Give to Mrs. O'Connor in pool swim office.

THANKS & HAPPY SWIMMING