



Lifeguard Class

The **American Red Cross Lifeguard** training course prepares individuals to assume the duties and responsibilities of lifeguards at swimming pools and water parks. This course provides the knowledge and skills designed to save the life of another person in the event of an emergency.

Eligibility: Must be at least 15 years of age by the end of the class and pass the **American Red Cross** pre-course test* consisting of swimming 300 yards continuously while demonstrating the following: *100 yards of front crawl using rhythmic breathing and a stabilizing propellant kick, 100 yards of breaststroke and 100 yards of either front crawl or breaststroke. *Swim 20 yards using the front crawl or breaststroke, surface dive 7-10 feet, retrieve a ten-pound object and return to the surface, then swim 20 yards on your back to the starting point with object within 1 minute and 40 seconds. *Tread water for two (2) minutes, only using legs.

American Red Cross First Aid and CPR for the Professional Rescuer is included in this course. Certificates issued only upon successful completion of required written test and physical skills. **In the event a participant does not pass the pre-course test, half of the registration fee will be refunded to the participant. OTHERWISE NO REFUNDS. Certification is valid for two (2) years.

Dates: Class # 1: Register by Feb 7, 2016. Feb 26-28, 2016 (Fri 5pm-9pm) Sat-7am-11, 12; 30-UN) Sun 7am-un if needed
Class # 2: Register by Feb 25, 2016. March 18-20, 2016 (Fri 5pm-9pm) Sat 7am-11, 12; 30-UN) Sun 7am-un if needed
Class # 3: Register by March 15, 2016. April 1-3, 2016 (Fri 5-5pm-9pm) Sat 7am-11. 12:30-UN) Sun 7am-un if needed
Class # 4: Register by April 1, 2016. April 15-17, 2016 (Fri 5-9pm) Sat 7am- 11, 12:30-UN) Sun 7am-un if needed

**Participants must attend all class days in order to complete the course. Anyone who is recertifying must attend designated class date.

Cost: The cost of the Lifeguard course is \$275.00, cash or check (**check payable to Tupelo Aquatic Club**) The On-line portion of the course cost is \$35.00 payable to the American Red Cross (credit or debit card **when** you are instructed to start the on-line portion of the course)). These classes will be taught as a Blended Learning Course (On-Line Course with On-line testing). The participant will do a skills check at the facility and instructor. You will be able to print your books on line. The cost covers all books and materials needed for the course, certification, and administrative costs. For recertification, the cost is \$150.00. Make checks payable to the Tupelo Aquatic Club.

Form and fee to:

Tupelo Aquatic Center
692 N. Veterans Blvd.
Tupelo, MS 38804

Name _____

Address _____

Phone: (662) 840-3768

Fax: (662) 840-1786

Email: barbara.aguirre@tupeloms.gov

Phone # _____

E-Mail _____

Date: _____



If you are mailing the form, it must be reached by deadline of registration. P.O. Box 3608, Tupelo, MS 38803

Circle Lifeguard Class: Class 1 Class 2 Class 3 Class 4

Signature of participant (18 yrs and older) Signature of guardian of participant if 17 yrs and younger