



American Red Cross Lifeguard Training

Prerequisites:

- Must be at least 15 years old by April 25, 2010. (Proof of age required at Pre-test)
- Must be able to swim 300 yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
 - 100 yards of breaststroke using a pull, breathe, kick and glide sequence
 - 100 yards of front crawl or breaststroke or a combination of both
- Timed Event – Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 lb. object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps within 1 minute, 40 seconds.

Lifeguard Training Certification:

- Must demonstrate competency in each skill taught.
- Must be able to correctly answer at least 80% of the questions on the final written exam.
- Must satisfactorily perform rescues in skills scenarios.

Certifications Received:

- Lifeguard Training/Standard First Aid certification is valid for 3 years.
- CPR/AED for the Professional Rescuer is valid for 1 year.

Cost: \$225.00 - Must be paid at time of registration. Includes all supplies and is refundable if pre-test is not passed. Due to the intense nature of this course, no make-ups will be given.

Registration:

You may register by phone, by mail or in person at the Salem Athletic Club, 16 Manor Parkway, Salem, NH 03079. Please make checks payable to Salem Athletic Club. To register by phone call Salem Athletic Club at (603) 893-8612 and ask for voice mailbox #24. Listen carefully to the recording and be sure to leave the following information:

- Class name – Lifeguard Training
- Name and address of person enrolling in the class
- Home and cell/work phone numbers.
- Date of Birth.
- Credit card number , expiration date. & three digit Security code on back of card
- Payment is due no later than April 25, 2010.



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Dates, Times and Locations:

Saturday, April 17	12 – 8pm	SAC
Sunday, April 18	8 – 10:30am	SB&GC
Sunday, April 18	11:30-8pm	SAC
Saturday April 24	11 -8pm	SAC
Sunday April 25	8 – 10:30am	SB&GC
Sunday April 25	11:30 – 4pm	SAC

Please Note: The location of the class is listed after the time
Salem Athletic Club (SAC) 16 Manor Parkway, Salem, NH
or Salem Boys & Girls Club (SB&GC) 3 Geremonty Drive, Salem, NH .

Lifeguard Registration Form

Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

E-Mail Address _____

Medical Conditions: _____

Date of Birth: _____

The participant is in good physical condition. Salem Athletic Club cannot be held responsible for the loss or damage to property or possessions.

The participant agrees to follow the rules and regulations set by the Salem Athletic Club and the Salem Boys & Girls Club and assumes full responsibility for personal injury or illness while in the clubs.

Payment is nonrefundable (with the exception of a failed pre-test) and nontransferable.

Signature: _____ Date: _____

We will call to confirm we have received your registration.

Credit Card Info: Visa Mastercard Discover American Express

Card #: _____ Exp. Date: _____

3 digit security code: _____

Confirmation Call: _____ Staff Int: _____