

ARC Blended Learning LIFEGUARDING Training

Dear Lifeguarding Course Participant:

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies, and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session.

To participate in the course, you must be able to pass a prerequisite skills evaluation by doing the following ON APRIL 1, 2019 6:00 PM—8:00 PM AT SUSD POOL:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
3. Complete a timed event within 1 minute, 40 seconds. ■ Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not 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 your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps. The prerequisite skills evaluation will occur on the first day of the course.
4. Please bring a swimsuit and towel for the skills evaluation and confirmation of completion of online sessions for every class.
5. To successfully complete the course, you must complete and submit confirmation for all online sessions, attend and participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent. The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions.
6. If you have a medical condition or disability that might prevent you from participating in the activities, or have questions about letter please contact us.
7. Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Class Location: Sahuarita High School, Club Rancho Sahuarita and SUSD Pool

Class Fees: \$125.00 lifeguard certification (*Must attend all classes*)

On-Line registration fee \$35

\$125.00 dollars is due April 1, 2019

MAKE CHECKS PAYABLE TO: CHRISTINE GARCIA

ARC Blended Learning LIFEGUARDING Training

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******Bring this page filled out, with payment**

Monday April 1, 2019 SUSD Pool****

Name: _____

Email: _____

Date of Birth: _____ Age: _____

Address: _____

Daytime Phone #: _____ Evening Phone #: _____

Emergency Contact: _____ Phone Number: _____

[OBJ]

Blended Learning Lifeguard Training

(All dates on above schedule mandatory attendance)

Fee to instructors: \$125.00

[OBJ]

MAKE CHECKS PAYABLE TO: CHRISTINE GARCIA

Office Use Only: Total Due: _____ Received By: _____

Cash _____ Check # _____ Date: _____

Verification of Date of Birth Date:

Blended Learning Lifeguard Training

(All dates on above schedule mandatory attendance)

Fee to instructors: \$125.00

Office Use Only: Total Due: _____ Received By: _____

Cash _____ Check # _____ Date: _____

Verification of Date of Birth Date:

Skills Portion- Class Schedule

SESSION	DATE	DAY	LOCATION	TIME	CLASSROOM	POOL
1	4-1-19	Monday	SUSD Pool	6:00 pm – 8:00 pm	NO	YES
2	4-8-19	Monday	Rancho - Pool	3:45 pm – 7:30 pm	YES	YES
3	4-10-19	Wednesday	SUSD Pool	3:45 pm – 7:00 pm	YES	YES
4	4-15-19	Monday	SUSD Pool	3:45 pm – 7:00 pm	YES	YES
5	4-17-19	Wednesday	SUSD Pool	3:45 pm – 7:00 pm	YES	YES
6	4-19-19	Friday	SHS E 105	7:00 am – 2:00 pm	YES	NO
7	4-22-19	Monday	SUSD Pool	3:45 pm – 7:00 pm	YES	YES
8	4-24-19	Wednesday	SUSD Pool	IF NEEDED TO BE ANNOUNCED		

All dates on above schedule mandatory attendance

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For more information or questions please contact:

Kimberly Murphy

5204013439

kimberly@laposadagv.com

AND/OR

Christine Garcia

5209823054

