

LIFEGUARD TRAINING RECERTIFICATION COURSE

Includes C.P.R. Recertification

2010

***** AT FREEDOM PARK *****

Name: _____

Address: _____

Age: _____ Phone: _____ E-Mail: _____

Amount Paid: \$_____ Date:_____

Lifeguard Training Recertification Schedule:

Tuesday, 5/18/2010, 6:00-8:00 pm

Friday, 5/21/2010, 1:00-7:00 pm

Saturday, 5/22/2010, rain date

Instructor: Tom Bubel (*Registration is limited*)

Fee: \$185.00 (Cancellation Fee \$35)

Please make check payable to: Town of LaGrange

You are registered for the class once we process your payment. We will contact you only if there is a problem.

RETURN BY: 5/12/2010 TO: LaGrange Recreation Department
120 Stringham Road
LaGrangeville, NY 12540

Prerequisites:

15 years old before the first class, proof-of-age required.

On the first day of class persons must swim:

- 550 continuous yards (200 yards each of free swim and breaststroke and 150 yards of one of those two strokes).
- Be able to swim 20 yards with a surface dive to retrieve an object 7-10' deep and exit in 100 seconds.
- Be able to swim 5 yards, submerge and retrieve 3 diving rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side.

NOTE: RED CROSS requires a minimum of 6 people per class.

For more info contact: Peter Huff, Rec. Director at 452-1972

DIRECTIONS TO FREEDOM LAKE: From TSP take Rt. 55 east ¼ mile to first left on Velie Road to right on Skidmore Road 1 ½ miles to Freedom Park on right.