

American Red Cross

LIFEGUARD WATERFRONT TRAINING

2010

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

Name: _____ Age: _____

Phone: _____ E-Mail: _____

Address: _____

Amount Paid \$ _____ Date: _____

This American Red Cross Lifeguard Training course includes CPR for the Professional Rescuer, Standard First Aid, Lifeguard Training and Waterfront Module. Registration is limited.

Lifeguard Training Schedule:

Wednesday,	6/2/2010	6:00-8:00pm (Swim Trials)
Friday,	6/4/2010	4:00-7:00pm
Sunday,	6/6/2010	9:00am-3:00pm
Friday,	6/11/2010	4:00-7:00pm
Saturday,	6/12/2010	9:00am-2:00pm
Sunday,	6/13/2010	rain date

Fee: \$300 (Cancellation Fee \$175) Instructor: Tom Bubel
(There will be a refund of \$125.00 for dropping the class or failing the swim trials).

Please make checks 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: 5/26/2010 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 Rd. to right on Skidmore Rd. 1 ½ miles to Freedom Park on right.