

Lifeguard Training

American Red Cross

Hosted at: The Berkeley Aquatic Club

Prerequisites

Age fifteen (15) by the **conclusion** of the course (10/24/10). State issued proof of age must be presented at the start of the course.

Swim 300 yds. Continuously, using these strokes in the following order:

100 yards crawlstroke using rhythmic breathing and a stabilizing, propellant kick; 100 yds breaststroke;

100 yds mixing crawlstroke and breaststroke

Swim 20 yards crawlstroke or breaststroke, dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back to the start, and exit the pool with in 1min. and 40 seconds

Registration

Class size is limited to 12 participants

Return completed form at the bottom of this page

Payment in full must accompany the registration form. Mail to:

Berkeley Swim School

P.O Box 215

Berkeley Heights, NJ 07922

908 464-1995

Instructor

Kim and Kate Testa 908 464 1995 www.berkeleyaquatic.org

Cost of Course

\$335 cash or check – covers all books, materials and pool time

50% refundable before Oct. 9, 2010

No refunds after Oct. 16, 2010

Schedule of class times *

Sat. Oct. 16	5:00-9:30pm	Berkeley Aquatic Club
Sun. Oct. 17	2:00-8:30pm	Berkeley Aquatic Club
Mon. Oct. 18	5:00-8:30pm	Colonial Crossroads Red Cross, Summit
Tues. Oct. 19	5:00-8:30pm	Colonial Crossroads Red Cross, Summit
Thurs. Oct. 21	5:00-8:30pm	Colonial Crossroads Red Cross, Summit
Sat. Oct. 23	5:00-10:00pm	Berkeley Aquatic Club
Sun. Oct. 24	2:00-5:00pm	Berkeley Aquatic Club

*class times can vary depending on the class size and skill level, please make arrangements prior to class

Oct. 2010 Lifeguard Class Registration

Name _____ Age _____ Date of Birth _____

Address _____ Town _____

State _____ Zip Code _____ Phone(s) _____

E-mail address _____

12/23/09 revised