

**Lifeguard Training**  
**American Red Cross**  
**@ The Berkeley Aquatic Club**

**Prerequisites**

Age fifteen (15) by the *conclusion* of the course (3/7/10). 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](http://www.berkeleyaquatic.org)**

**Cost of Course**

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

50% refundable before Feb. 20, 2010

No refunds after Feb. 27, 2010

**Schedule of class times \***

Sat. Feb. 27	5:00-9:30pm	Berkeley Aquatic Club
Sun. Feb. 28	2:00-8:30pm	Berkeley Aquatic Club
Mon. Mar. 1	5:00-8:30pm	Colonial Crossroads Red Cross, Summit
Tues. Mar. 2	5:00-8:30pm	Colonial Crossroads Red Cross, Summit
Thurs. Mar. 4	5:00-8:30pm	Colonial Crossroads Red Cross, Summit
Sat. Mar. 6	5:00-10:00pm	Berkeley Aquatic Club
Sun. Mar. 7	5:00-8:30pm	Berkeley Aquatic Club

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

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**Feb./Mar. 2010 Lifeguard Class Registration**

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone(s) \_\_\_\_\_

E-mail address \_\_\_\_\_

12/23/09 revised