

Lifeguard Training
American Red Cross
@ The Berkeley Aquatic Club

Prerequisites

Age fifteen (15) by the *conclusion* of the course (5/15/10). 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 May 8, 2010

No refunds after May 15, 2010

Schedule of class times *

Sat. May 15	5:00-9:30pm	Berkeley Aquatic Club
Sun. May 16	2:00-8:30pm	Berkeley Aquatic Club
Mon. May 17	5:00-8:30pm	Colonial Crossroads Red Cross, Summit
Tues. May 18	5:00-8:30pm	Colonial Crossroads Red Cross, Summit
Thurs. May 20	5:00-8:30pm	Colonial Crossroads Red Cross, Summit
Sat. May 22	5:00-10:00pm	Berkeley Aquatic Club
Sun. May 23	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

Mid May 2010 Lifeguard Class Registration

Name _____ Age _____ Date of Birth _____

Address _____ Town _____

State _____ Zip Code _____ Phone(s) _____

E-mail address _____

12/23/09 revised