

LIFEGUARD CERTIFICATION COURSE



American Red Cross

At HealthQuest

- **CPR for the Professional Rescuer** (2 year cert)
- **First Aid for Lifeguards** (3 year cert)
- **AED / Oxygen Administration** (2 year cert.)
- **Red Cross lifeguard certification** (3 year cert.)

The course will cover the current Red Cross materials and publications. Upon completion of practical and all written exams, participants will receive the four certifications required to be legally eligible for lifeguard employment.

Prerequisites

Must be 15 yrs of age on or before the final day of the course.

Swim 500 meters continuously -
(12 laps freestyle, 4 breaststroke, 4 backstroke)

Female participants are encouraged to wear a one piece swim suit during the course.

Attendance to **all** classes is mandatory.

Refunds (minus a \$25 processing fee) must be requested in the Aquatics Office before the first day of class. Do Not ask for a refund after the course has begun. The class will be cancelled if we do not have at least 3 students; you will receive a full refund if the class is cancelled due to insufficient number of students.

2010 Certification Courses Wednesday, Friday - Sunday

January 20,22,23,24

February 17,19,20,21

March 17,19,20,21

April 21,23,24,25

May 5,7,8,9

Course Days/Times Wednesday, Friday - Sunday

Wednesday 6:00pm - 8:00pm

Friday 5:00pm - 10:00pm

Saturday 6:30am - 3:00pm

Sunday 6:30am - 12:00pm

*Class times may vary

HQ Members: \$250 Non Members: \$290

Registration Deadline is 1 week prior to course.

Name: _____

Address: _____

Phone: _____ 0277 Member: \$250 _____

0276 Non Member:\$290 _____

METHOD OF PAYMENT

[] Cash \$ _____ [] Check \$ _____ (made payable to **HealthQuest**)

[] Club Charge # _____

[] Credit Card # _____ Exp Date ____/____

Name on Card _____ Type: ___ MC ___ Visa ___ DISC ___ AM Ex

Signature _____ Date _____

Please Check Course you are Registering for

January March May

February April



Please complete this form and return with payment to the Aquatics Office or send to the following address: 310 Highway 31 North, Flemington, NJ 08822 Attention: Aquatics Department

For questions, call Megan Grunstra at 908-782-4009 ext. 250

