

American Red Cross of Greater Arkansas  
 401 South Monroe  
 Little Rock, AR 72205  
 Phone: 501-748-1060; Fax: 501-748-1079

## 2010 Lifeguard Training Schedule & Registration Form

(Please Print) Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Address: \_\_\_\_\_ Daytime Phone (required): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_ or Credit Card #: \_\_\_\_\_

Check one:  American Express  Discover  VISA  MasterCard Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_ (Parent/Guardian signature for youth under 18)

**Course Description:** This course will teach the skills and knowledge needed to prevent and respond to aquatic emergencies. The course includes CPR/AED for the Professional Rescuer and First Aid certification. Certification in this course is a requirement to work as a lifeguard in Arkansas. **Attendance for all sessions is required for certification.**

### Course Prerequisites:

- Enrollees must be 15 years of age on or before the final scheduled session.
- Enrollees must successfully complete the following swimming prerequisites during the first scheduled class meeting time:
- Swim 300 yards continuously using these strokes in the following order:
  - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick.
  - 100 yards of breaststroke
  - 100 yards of either front crawl using rhythmic breathing or breaststroke or a mixture of both strokes.
  - Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 pound object, return to the surface and swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

**NOTE: It is strongly recommended that students practice in the water prior to class. No refunds will be made if enrollee cannot pass these prerequisites.**

**Course Locations:** The course sessions requiring in-water practice and testing will be conducted at the Stephens POOL on 12<sup>th</sup> and Cleveland Street in Little Rock. Classroom sessions will be conducted at the Greater Arkansas Chapter at 401 South Monroe.

**Class size is limited and students are enrolled on a first come, first served basis.**

**100% attendance for all sessions is required for certification.**

### Lifeguard Training: \$190

<input type="checkbox"/> <b>March 22 - March 28</b> <ul style="list-style-type: none"> <li>• Monday March 22 at POOL 6:30 p.m. - Prerequisites (bring one-piece swimsuit and towel)</li> <li>• Tuesday March 23 at Chapter 6:30 - 10:00 p.m.</li> <li>• Wednesday March 24 at Chapter 6:30 - 10:00 p.m.</li> <li>• Thursday March 25 at Chapter 6:30 - 10:00 p.m.</li> <li>• Friday March 26 at Chapter 6:30 - 10:00 p.m.</li> <li>• Saturday March 27 at POOL 10:30 a.m. - 6:00 p.m.</li> <li>• Sunday - March 28 at POOL 1:00 p.m. - until</li> </ul>	<input type="checkbox"/> <b>April 19 - April 25</b> <ul style="list-style-type: none"> <li>• Monday April 19 at POOL 6:30 p.m. - Prerequisites (bring one-piece swimsuit and towel)</li> <li>• Tuesday April 20 at Chapter 6:30 - 10:00 p.m.</li> <li>• Wednesday April 21 at Chapter 6:30 - 10:00 p.m.</li> <li>• Thursday April 22 at Chapter 6:30 - 10:00 p.m.</li> <li>• Friday April 23 at Chapter 6:30 - 10:00 p.m.</li> <li>• Saturday April 24 at POOL 10:30 a.m. - 6:00 p.m.</li> <li>• Sunday April 25 at POOL 1:00 p.m. - until</li> </ul>	<input type="checkbox"/> <b>May 10 - May 16</b> <ul style="list-style-type: none"> <li>• Monday May 10 at POOL 6:30 p.m. - Prerequisites (bring one-piece swimsuit and towel)</li> <li>• Tuesday May 11 at Chapter 6:30 - 10:00 p.m.</li> <li>• Wednesday May 12 at Chapter 6:30 - 10:00 p.m.</li> <li>• Thursday May 13 at Chapter 6:30 - 10:00 p.m.</li> <li>• Friday May 14 at Chapter 6:30 - 10:00 p.m.</li> <li>• Saturday May 15 at POOL 10:30 a.m. - 6:00 p.m.</li> <li>• Sunday May 16 at POOL 1:00 p.m. - until</li> </ul>
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