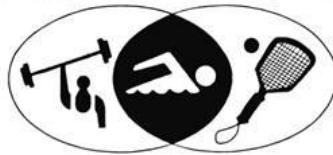


Symons Recreation Complex

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Director
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Assistant Director
(608) 647-8522



1250 Highway 14 West
Richland Center, WI 53581

www.symonsrec.com

OPEN TO THE PUBLIC

Dear Prospective Lifeguard Training Course participant,

This is the registration form for the 2010 Symons Recreation Complex American Red Cross Lifeguard training course. **Participants must attend ALL classes.**

There are three weekend sessions:

Please check the box for the session that you want to attend.

- Session One:** Fri. 2/26, Sat. 2/27, Sun 2/28 & Fri 3/12, Sat 3/13, Sun 3/14
 - Session Two:** Fri. 4/30, Sat. 5/1, Sun. 5/2 & Fri. 5/14, Sat. 5/15, Sun. 5/16
 - Session Three:** Fri. 11/5, Sat. 11/6, Sun. 11/7 & Fri. 11/19, Sat. 11/20, Sun. 11/21
- Times:** Fridays 4:00pm-9:00pm, Saturdays and Sundays 9:00am-5:00pm.

There will be one week long class:

- Week Session:** June 14th, 15th, 16th, 17th, and 18th each day class will be from 9:00am to 5:00pm with a lunch break

Participants must attend ALL sessions and must bring suits to each lesson. Please check your school schedules to avoid any conflicts. Participants who are unable to complete the pre-course swim test will not be allowed to continue and **no refund will be given.** The requirements are as follows:

1. You must be at least 15 years of age (16 to guard in WI). Please bring proof of your age to the first class.
2. You must pass the pre-course swim:
 - A. Swim 500 yards continuously, using these strokes in the following order:
 - 200 yards (4 laps, 8 lengths) front crawl using rhythmic breathing (face in the water & breathe to the side)
 - 100 yards breast stroke (2 laps, 4 lengths)
 - 200 yards front crawl/breast stroke (4 laps, 8 lengths)
 - B. Swim 20 yards using front crawl or breaststroke, surface dive to 7-10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to starting point carrying the object. This is a timed event.

Successful course completion requires participation in classroom and skill sessions as well as successful performance in skill and knowledge evaluations. Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing CPR on the floor and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician before you start the course. Upon the successful completion of the American Red Cross Lifeguard Training course, you will receive an American Red Cross Lifeguard Training certificate, which is valid for 3 years. You will also receive a CPR/AED for Lifeguards certificate, which is valid for one year.

By completing this registration, you understand that you must pay the **non-refundable** (for any reason – credit will be given in certain circumstances) class fee (\$150 members / \$200 non-members) in advance. You further understand that you will be required to successfully complete the pre-course swim detailed above; **failing the pre-course swim eliminates you from participating in the course and you will not receive a refund.**

Print name: _____ Date of birth: _____

Address: _____ Phone: _____

Person to contact in case of emergency: _____ Phone: _____

Signature of prospective student Date

Signature of parent or guardian (if student is under age 18) Date

For office use only:

Cm+ # _____
Receipt # _____
Date paid: _____
Amount: _____
Entered on Reg. Log?