



Lifeguard Class

Tupelo Aquatic Club

The lifeguard training course prepares individuals to assume the duties and responsibilities of lifeguards at swimming pools and non-surf open swim water beaches and water parks. This course provides the knowledge and skills designed to save the life of another person in the event of an emergency.

Eligibility: Be at least 15 years of age and pass the American Red Cross pre-course test*

Consisting of swimming 300 yards continuously while demonstrating the following:

*100 yards of front crawl using rhythmic breathing and a stabilizing propellant kick. 100 yards of breaststroke and 100 yards of either front crawl or breaststroke.

*Swim 20 yards using the front crawl or breaststroke surface dive 7 - 10 feet, retrieve a ten-pound object and return to the surface, then swim 20 yards back the starting point with object within 80 seconds.

American Red Cross First Aid and CPR for the Professional Rescuer included in this course. Certificates issued only upon successful completion of required written test and physical skills. **In the event a participant does not pass the pre-course test, half of the registration fee will be refunded to the participant. OTHERWISE NO REFUNDS.

Dates: Class #1: March 15 - 18, 2012

Class #2: April 19 - 22, 2012

Class #3: May 3 - 6, 2012

Class #4: December 13 - 16, 2012

Remaining 2011 Class: December 15 - 18, 2011 (Class Cost \$200.00)

Thurs. & Friday 4:00—8:00 p.m. and Sat. & Sun. 8:00 a.m.—8:00 p.m. **NOTE: Sunday hours vary on class.

**Participants must attend all class days in order to complete the course. Anyone who is recertifying must attend the last day of a class

Cost: The cost of the Lifeguard course is \$200.00. The cost covers all books and materials needed for the course, certification, and administrative costs. For recertification, the cost is \$100.00. Make checks payable to the Tupelo Aquatic Club. For recertification in CPR/First Aid only, the cost is \$45.00.

Mail form and entry fee to:

Tupelo Parks and Recreation

Attn: Amy Williams

P. O. Box 3608

Tupelo, MS 38803

Phone: (662) 841-6440

Fax: (662) 841-6580

Email: awilliams@ci.tupelo.ms.us

Name

Address

City State Zip

Phone Birthday Age

Class #1 Class #2 Class #3 Class #4 2011 Class

Mar 18 April 22 May 6 Dec 16

Circle Lifeguard Class:
If you are taking "entire"

Circle Recertification Date:
If you are only recertifying

Signature of Participant

Date

Signature of parent of guardian if under the age of 18

Date

