

American Red Cross Lifeguard Training 2010

Almaden Swim & Racquet Club

Pre-requisites: Must be at least 15, be able to swim 300 yards continuously using both breaststroke and freestyle; surface dive to a minimum depth of 7 feet and bring a 10 pound brick to the surface and swim 20 yards with the brick in both hands in under 1 min. 40 sec.

PLEASE NOTE: Participants will also receive First Aid and CPR for the Professional Rescuer w/ AED certifications.

Fee: \$275, payable to Daniel Chapman, when reserving space. All books and materials will be provided. NO REFUNDS!

Class Location:

Almaden Swim & Racquet Club
6604 Northridge Drive
San Jose, CA 95120

Directions:

For directions visit, www.asrc.org

Questions? Please call Dan Chapman at (408) 268-8509 or email asrc2@earthlink.net

All Classes are Mandatory! Please let me know of any conflicts ahead of time. Certificates cannot be issued to anyone who misses a class. Participants must pass all skills and written tests.

Make checks payable to Daniel Chapman. Send money and medical release form to Dan Chapman, 6604 Northridge Dr. San Jose, CA 95120



**American
Red Cross**

OPTION 1

Day of Week	Month/Day	Time	Place
Sat	February 13	9:00am - 5:00pm	Almaden SRC
Sun	February 14	9:00am - 5:00pm	Almaden SRC
Sat	February 20	9:00am - 5:00pm	Almaden SRC
Sun	February 21	9:00am - 5:00pm	Almaden SRC

OPTION 2

Day of Week	Month/Day	Time	Place
Sat	March 06	9:00am - 5:00pm	Almaden SRC
Sun	March 07	9:00am - 5:00pm	Almaden SRC
Sat	March 13	9:00am - 5:00pm	Almaden SRC
Sun	March 14	9:00am - 5:00pm	Almaden SRC

OPTION 3

Day of Week	Month/Day	Time	Place
Mon	April 12	12:00 - 6:30PM	Almaden SRC
Tue	April 13	12:00 - 6:30PM	Almaden SRC
Wed	April 14	12:00 - 6:30PM	Almaden SRC
Thu	April 15	12:00 - 6:30PM	Almaden SRC
Fri	April 16	12:00 - 6:30PM	Almaden SRC

OPTION 4

Day of Week	Month/Day	Time	Place
Sat	May 15	9:00am - 5:00pm	Almaden SRC
Sun	May 16	9:00am - 5:00pm	Almaden SRC
Sat	May 22	9:00am - 5:00pm	Almaden SRC
Sun	May 23	9:00am - 5:00pm	Almaden SRC

PARENT/LEGAL GUARDIAN PERMISSION AND LIABILITY FORM DATE____/____/2010

OPTION 1 **OPTION 2** **OPTION 3** **OPTION 4**

American Red Cross Lifeguard Training Class or Lifeguard Training Re-Certification

STUDENTS NAME AGE _____ DATE OF BIRTH _____

ADDRESS CITY _____ ZIP _____ PHONE _____

EMAIL _____

has my permission to participate in this program conducted at the Almaden Swim & Racquet Club. To the best of my knowledge and belief, he/she is in good physical condition, is free of communicable diseases, and will be able to participate in strenuous physical activity.

Person to notify in case of emergency if Parent/Guardian IS NOT AVAILABLE:

Name _____

Business Phone _____ Home Phone _____

Personal Medical Information:

List Allergies _____ Current Medication _____

Other Pertinent Information: _____

I hereby give my consent to call a physician for medical or surgical care for my child should an emergency arise where such service is indicated. I also authorize the personnel conducting this/these class/classes to administer emergency treatment for any accident or illness. This authorization shall cover the entire period of time for which the class/classes are scheduled.

PARENT/LEGAL GUARDIAN

Signature

Print Name

Address _____ City _____ Zip _____

Business phone _____ Home phone _____

Email _____

RELEASE

I, _____, hereby agree to participate or allow my child to participate in the Red Cross Lifeguard Training or Lifeguard Training Re-Certification program. I hereby absolve, release and indemnify the Almaden Swim & Racquet Club and the instructors from any and all responsibility, liability claims or damages (or any injuries caused by any act or omission by any of them), that I or my child might receive while participating in any activity being carried on in connection with the classes.

Date _____

Participant if 18 or Parent/Guardian Signature