

American Red Cross Lifeguard Training 2012

ALMADEN SWIM & RACQUET CLUB

Prerequisites: Must be at least 15, be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing; swim 20 yards then 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 back to the starting point and get out of the pool without using a ladder or stairs in under 1 min. 40 sec.; continuously tread water for 2 minutes using the legs only.

****Lifeguarding participants unable to complete the above prerequisites on the first day of class WILL NOT be allowed to continue with the course and NO REFUND will be issued.**

PLEASE NOTE: Participants will also receive First Aid and CPR/AED for Lifeguards certifications.

Fee: \$275, payable to Daniel Chapman, when reserving space. **Choose from the 5 class options on page 2!* 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/membership_info.htm

Questions? Please call Dan Chapman at (408) 268-8509 or email dchapman@asrc.org.

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 (page 3) to Dan Chapman, 6604 Northridge Dr. San Jose, CA 95120



**American
Red Cross**

OPTION 1

Day of Week	Month/Day	Time	Place
Sat	February 25	10:00am - 5:00pm	Almaden SRC
Sun	February 26	10:00am - 5:00pm	Almaden SRC
Sat	March 3	10:00am - 5:00pm	Almaden SRC
Sun	March 4	10:00am - 5:00pm	Almaden SRC

OPTION 2

Day of Week	Month/Day	Time	Place
Sat	March 24	10:00am - 5:00pm	Almaden SRC
Sun	March 25	10:00am - 5:00pm	Almaden SRC
Sat	March 31	10:00am - 5:00pm	Almaden SRC
Sun	April 1	10:00am - 5:00pm	Almaden SRC

OPTION 3- *SJUSD SPRING BREAK*

Day of Week	Month/Day	Time	Place
Thu	April 12	10:00am - 5:00pm	Almaden SRC
Fri	April 13	10:00am - 5:00pm	Almaden SRC
Sat	April 14	10:00am - 5:00pm	Almaden SRC
Sun	April 15	10:00am - 5:00pm	Almaden SRC

OPTION 4

Day of Week	Month/Day	Time	Place
Sat	May 5	10:00am - 5:00pm	Almaden SRC
Sun	May 6	10:00am - 5:00pm	Almaden SRC
Sat	May 12	10:00am - 5:00pm	Almaden SRC
Sun	May 13	10:00am - 5:00pm	Almaden SRC

OPTION 5- *SJUSD SUMMER BREAK!*

Day of Week	Month/Day	Time	Place
Thu	June 7	10:00am - 5:00pm	Almaden SRC
Fri	June 8	10:00am - 5:00pm	Almaden SRC
Sat	June 9	10:00am - 5:00pm	Almaden SRC
Sun	June 10	10:00am - 5:00pm	Almaden SRC

OPTION 1 OPTION 2 OPTION 3 OPTION 4 OPTION 5

American Red Cross Lifeguard Training Class

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 agree to pay Dan Chapman for all course fees included in this registration form (pages 1-3) and understand there are no refunds issued after a registration form is received. 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