



Red Cross

LIFEGUARD CERTIFICATION

SIGN UP NOW!

April 13, 14, 20, 21

-OR-

May 4, 5, 11, 12

9:00 AM - 5:00 PM

**Glenville State College Pool
Health & Physical Education Building**

Must be at least 15 years old by the last day of class

\$225 per person

Participants must pass a swim test at the first class, the test consists of:

1) A 300-meter continuous swim (six laps in a 25-meter pool, up and back is one lap) using either the front crawl (freestyle) or the breast stroke. This is not timed, but participants are not permitted to stop until all laps are complete.

2) Treading water, hands free, for two minutes in the deep end of the pool (hands cannot be used to skim or paddle in the water).

3) Brick retrieval to be completed within one minute, forty seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so the swimmer is able to get a breath. Candidates should not swim the distance underwater. Exit the water without using a ladder or steps.

PLEASE COMPLETE REGISTRATION FORM ON BACK

Lifeguard Course Registration Form

Name: _____

Phone Number: _____

Date of Birth: _____ Age: _____

E-mail Address: _____

Check one:

- April 13, 14, 20, & 21
- May 4, 5, 11, & 12

Waiver

I acknowledge and accept the risks inherent in the use of the Glenville State College services and swimming pool, including participation in any swimming lesson. The undersigned assumes the sole risk of injury, accident, death, loss, cost or damage for his or her person, dependent or property which might arise from the use of Glenville State College services and facilities. The undersigned further agrees that Glenville State College, it's instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, damages, actions or causes of action whatsoever to the undersigned's person, dependent or property arising out of or in connection with the use of the services and facilities of the Glenville State College, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, and assignees do hereby release and discharge Glenville State College, its instructors, employees, servants, and agents from all claims, demands, injuries, damages actions or causes of action and from all acts of active or passive negligence on the part of the college, its servants, instructors agents or employees. The undersigned further agrees to abide by all policies and procedures of Glenville State College, and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

I have read the above statement and agree to the payment for services and policies for Glenville State College.

Signature _____ Date: _____

Registration Form must be submitted to Kathy.Gilbert@glenville.edu two days prior to start of course. Bring \$225 course payment to the first class session.

How did you hear about us?

- Website
- Newspaper
- Facebook
- Family/Friend
- Other: _____