

BROOKS SCHOOL AQUATIC CERTIFICATION TRAINING

**AMERICAN RED CROSS LIFEGUARD TRAINING CERTIFICATION –
BLENDED WITH ON-LINE LEARNING**

The purpose of this course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies in a pool. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injury. Upon successful completion of the course, each participant will receive a certification in Lifeguard Training and First Aid and CPR/AED for the Professional Rescuer, which is valid for 2 years. THIS COURSE DOES NOT INCLUDE THE WATERFRONT MODULE.

Pre-Requisite Swim Test:

- Minimum age of 15 (Proof of Age Required)
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only legs
- Complete a timed event within 1 minute, 40 seconds (NO SWIM GOGGLES), Starting in the water, swim 20 yards, Surface dive 7-10 feet to retrieve a 10-pound object, Surface and swim 20 yards on back with both hands holding object, Exit the water without using a ladder or steps

Course Dates and Times: 5/21 9:00-1:00, 5/22 3:30-6:00, 5/23 3:30-6:00, an 5/24 3:30-6:00

Fee: \$375

Place: Lawrence Boys & Girls Club

For More Info: 978-725-6253 or email summerprograms@brooksschool.org

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LIFEGUARD TRAINING CERTIFICATION REGISTRATION FORM

REGISTRATION DEADLINE: May 15, 2017

Please return form and payment of \$375 to:

Brooks School Summer Programs, 1160 Great Pond Rd., North Andover, MA 01845.

Make Checks Payable to: Brooks School

Name: _____ Telephone: _____

Street: _____

City: _____ State: _____ Zip: _____ Email: _____

Participant Signature Date: _____

If under 18: Signature of Parent/Guardian Date: _____

Method of payment Check # _____ Amount \$ _____ Date received: _____