

The American Red Cross – Cornhusker Regional Chapter is pleased to announce:

Lifeguarding Courses!

May 2010

Lifeguarding (New Class), \$150 per person, about 30 hours

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

Prerequisites:

- Minimum age of 15
- Successful completion of pre-course skills test, consisting of:
- Swim 300 yards continuously, using these strokes in the following order:
 - Front crawl using rhythmic breathing (100 yards)
 - Breaststroke (100 yards)
 - Either front crawl using rhythmic breathing or breaststroke (100 yards)
- Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 – 10 feet, retrieve a 10 pound object, return to the surface and swim 20 yards back to the starting point with the object, and exit the pool without using a ladder. This is a timed event.

Students will be tested on swimming skill May 15. If you do not pass the skills test you will not be allowed to continue in the Lifeguard Class. You will be advised immediately if you pass/fail the pre-test. There is no refund for failing the class. Books and materials will be handed out at the May 13th class.

Lifeguarding lets you work as part of a team to help people safely enjoy the water. You could even save a life. The American Red Cross Lifeguard Training course makes learning fun and easy. Through classroom learning and hands-on practice, you'll learn key skills:

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills for use both in the water and on land
- First Aid and Professional Rescuer CPR/AED training to help prepare for any emergency (Note – CPR/AED for the Professional Rescuer for Lifeguards is only valid for one year)
- Professional lifeguard responsibilities

Course #	Day/Date/Time/Location
3036249 Instructor: Duane Austria	<p>This Lifeguard class is being held in Waverly, Nebraska. <u>The “Waverly Pool” is located at 10311 Holly Drive in Waverly.</u> All water activity will take place at this pool. This is an outdoor pool so dress and plan accordingly. All classroom activity will take place at the <u>“Waverly City Office” located at 14130 Lancashire Street in Waverly.</u> The pool and classroom are within walking distance of each other. See note on next page regarding “Important information on Lifeguard Courses”.</p> <p><u>Thursday, May 13, 2010:</u></p> <ul style="list-style-type: none"> • 6:00 – 10:00 PM CPR/AED for the Professional Rescuer for Lifeguards, Classroom in Waverly <p><u>Friday, May 14, 2010:</u></p> <ul style="list-style-type: none"> • 6:00 – 10:00 PM CPR/AED for the Professional Rescuer for Lifeguards and First Aid, Classroom in Waverly <p><u>Saturday, May 15, 2010:</u></p> <ul style="list-style-type: none"> • 8:00 – 9:00 AM Swimming Pre-tests, Waverly Pool • 9:00 AM – 12:00 Noon, Classroom lecture, Waverly City Office • 12:00 – 1:00 PM Break for lunch. Students are <i>on their own</i> for lunch • 1:00 – 5:00 PM Water skills, Waverly Pool • 5:00 – 6:00 PM Break for dinner. Students are <i>on their own</i> for dinner • 6:00 – 8:00 PM Water skills, Waverly Pool <p><u>Saturday, May 22, 2010:</u></p> <ul style="list-style-type: none"> • 8:00 AM – 12:00 Noon Water skills, Waverly Pool • 12:00 – 1:00 PM Break for lunch. Students are <i>on their own</i> for lunch • 1:00 – 2:00 PM Written test, Waverly City Office • 2:00 – 6:00 PM Water skills and rescue scenarios, Waverly Pool • End of class

Lifeguarding Review/Recertification, \$60 per person, about 16 hours

Students must have proof of current Lifeguard certification. You will also need the most current version of the Lifeguarding book (Lifeguarding Participant Manual revised 12/06 stock #655731 blue and white in color) and bring both items to class. If you do not have a Lifeguard book you may purchase one from the Red Cross for \$35. If you do not have proof of current certification and a Lifeguard book at class you will forfeit your opportunity to stay at the class and you will not receive a refund for failing to be prepared. Upon successful completion of this course you will be certified in Lifeguarding, First Aid, and Professional Rescue CPR for Lifeguards.

Course #	Day/Date/Time/Location
2891276	See note regarding "Important information on Lifeguard Courses".
Instructor:	<u>Saturday, May 15, 2010:</u> 8:00 AM – 6:00 PM CPR/AED Professional Rescue for Lifeguards and First Aid skills review, testing and written exam. Class will be held at the American Red Cross, 220 Oakcreek Drive, Lincoln
Bonnie Johnson	<u>Sunday, May 16, 2010:</u> 8:00 AM – 11:00 AM Classroom, American Red Cross. 12:00 PM – 6:00 PM Pool, Northeast YMCA 2601 N 70 th Street, Lincoln.



American Red Cross
Cornhusker Regional Chapter
220 Oakcreek Drive
Lincoln, Nebraska
Carolyn 402-441-6390



Northeast Branch YMCA
2601 N 70th Street
Lincoln, Nebraska

Important information about Lifeguard Courses

Pre-registration is required, payment is due at time of registration. A minimum number of students are required for each class. You will be notified at least three business days ahead of time if a class will be cancelled due to low enrollment. Feel welcome to contact the Red Cross to verify your enrollment at 402-441-6390.

Students will arrive on-time to class with appropriate dress – swim wear, towel, and street clothes. Students are welcome to bring snacks, foods and or beverages in sealed containers. Ample time is allowed for meal breaks and travel time to and from pool/classroom. Please turn off your cell phones and pagers or have on silent mode and put away. Students found texting or checking messages during class time will be asked to leave and will be dismissed from the class. This practice is very disrespectful to the instructor and disruptive to the learning environment.

Students must attend all classes for certifications. Since the entire class is important, you won't want to miss a minute of class time. In order to maximize training time, session starting times are firm. Late arrivals are admitted to class at the discretion of the instructor. If you arrive too late or miss a scheduled class, you may not receive your certification. There are no refunds if you are late to class and not admitted by the instructor. Do not register for a class if you know that you will be late or may miss a session. There are no make up sessions

All books and supplies are provided by the instructor and will be given to you during class. Books will not be given out ahead of time.

Please mail your registration to:

American Red Cross
 Cornhusker Regional Chapter
 Health & Safety, Lifeguard Registration
 PO Box 83267 402-441-6390
 Lincoln, NE 68501 Or visit our web site and register on line at: www.CornhuskerRedCross.org

American Red Cross – Aquatics

Name _____

Address/City/State/Zip _____

Daytime Phone # _____ E-mail _____

If paying by credit card, please provide:

Type of card and account number _____

Name of cardholder (if different than student's name) _____ Expiration date _____

Signature of cardholder _____

Please **CLEARLY** document which class you are registering for _____

Total \$ amount enclosed _____

Refunds will **not** be given for no-shows, failing or unsuccessfully completing the course or for course materials. We must receive notification of withdrawal two business days prior to receive a refund. Students must attend all classes and arrive on time. By registering for this class you acknowledge you have read this entire flyer and you agree to and understand its content.