

# “Want to make money doing something really important? Become a lifeguard at Premier!”



## American Red Cross Lifeguarding Course

### PREREQUISITE SWIM TEST:

- Swim 300 yards continuously, using these strokes in the following order ( may use goggles for the this portion ONLY)
  - 100 yards front crawl, using rhythmic breathing and a stabilizing, propellant kick
  - 100 yards breaststroke
  - 100 yards front crawl and/or breaststroke
- A timed 1 minute and 40 second, 20 yard swim surface-dive to a depth of 12 feet, retrieve a 10-pound object and return to the starting point.
- *Participants must pass the entire pre-skills swim test in order to continue the course!*

### COURSE REQUIREMENTS:

- Demonstrate competency in all required skills and activities.
- Demonstrate competency in 3 final skill scenarios.
- Pass with 80% or more on each multiple choice exams. There are 3 total.
- Lifeguard/First Aid certification is good for (2) years. CPR/AED-PR is good for (2) years.

### ITEMS FOR CLASS:

- Swim suit, towel, goggles
- A one piece suit is highly recommended for all women taking the Lifeguarding Course
- Lunch or snack (if class is scheduled for 8 hours or more)
- Cell phones are not permitted in class

### REFUND POLICY:

Participants must attend all scheduled classes and pass swim test. Failure to attend the entire class/fail swim test will result in a failing grade and no refund. If participant has a medical situation Premier will need (7) day notice with doctor's note attached to receive a refund.

### FEE:

\$250 due at registration (non-refundable)

### COURSE DATES:

- 2017: March 25 & 26 (8a-5p) Lifeguard Course:

\*Class times may vary due to how many participants are in the class. Please make sure you have a ride home if class lets out early.

### HOW TO REGISTER:

Please call 614-336-2582 or come in directly to our service desk and register. If you have further questions please contact Jeannine Davidson, Aquatic Director, at [jdavidson@premieratsawmill.com](mailto:jdavidson@premieratsawmill.com) or 937-214-0751.