

## ***American Red Cross – Spring & Summer 2016 Classes for Lifeguarding & Lifeguarding Recertification***



### **Class Description:**

This class provides training in the skills required to be proficient in lifeguarding, CPR and First Aid. At the end of this course each participant who passes the written and practical examinations will be presented with American Red Cross cards in Lifeguarding/First Aid and CPR for the professional rescuer (CPRFPR). ***Please note that this is an ARC blended learning course.*** Lifeguarding/First Aid and CPR for the professional rescuer are now both 2-year certifications.

### **Blended Learning:**

Blended learning is a formal education program in which a student learns at least in part through delivery of content and instruction via digital and online media with some element of student control over time, place, path, or pace. This portion of the course requires between 5 & 7 hours of time.

### **Class Pre-Requisites:**

- Participants must be 15 years of age on or before the start of the first class in order to receive certification. Students who are under 15 years of age may take the class for their own knowledge but will not receive certification.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Candidates must demonstrate the ability to swim front crawl and breaststroke. Swim goggles may be used.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1 minute, 40 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 between 7 to 10 feet to retrieve a 10-pound object and return to surface.
  - Swim 20 yards, returning to the starting point, on the back with both hands holding the object. Candidates must keep their face at or near the surface so they are able to get a breath. Candidates are not allowed to swim the distance under water.
  - Exit the water without using a ladder or steps.

### **Lifeguarding for the Professional Rescuer - Course Dates & Times:**

Participants must attend each class within a course to be eligible for testing/certification. No mixing of courses.

Course #4		
Saturday	March 12	8am-1pm
Sunday	March 13	8am-1pm
Saturday	March 19	4-8pm

Course #5 (AUHSD Spring Break)		
Tuesday	April 5	12-5pm
Wednesday	April 6	12-5pm
Thursday	April 7	12-4pm

Course #6		
Saturday	April 16	8am-1pm
Saturday	April 23	12-5pm
Saturday	April 30	8am-12pm

Course #7		
Saturday	May 14	8am-1pm
Saturday	May 21	8am-1pm
Sunday	May 22	8am-12pm

Course #8		
Sunday	June 12	8am-1pm
Saturday	June 18	8am-1pm
Sunday	Jun 19	8am-12pm

Course #9		
Monday	June 13	8am-1pm
Tuesday	June 14	8am-1pm
Wednesday	June 15	10am-2pm

### **Lifeguard/CPR Review and Recertification (aka CHALLENGE COURSES):**

Lifeguarding/First Aid and CPR for the Professional Rescuer (CPRFPR) are all now a 2-year certification. In an attempt to align all certification expirations, all of our challenge classes include certification for Lifeguarding/First Aid and CPR for the Professional Rescuer.

- Course #10 – Sunday March 20, 1-8pm
- Course #11 – Saturday April 30, 1-8pm
- Course #12 – Sunday June 12, 8-4pm

### **Location:**

All courses will be held at the Soda Aquatic Center at Campolindo High School

**Cost:**                    Lifeguarding for the Professional Rescuer

AUHSD FEES

**SPECIAL** 'Early Bird' Pricing - \$235 (see below for details)

Course Fee – Regular Pricing - \$270

When your AUHSD registration and payment is received, specific directions will be emailed to you about how and where to sign-up for the Blended Learning portion of this course.

ARC BLENDED LEARNING FEE - \$35

Lifeguard/CPR Review & Recertification (CHALLENGE COURSE)

AUHSD FEES

**SPECIAL** 'Early Bird' Pricing - \$115 (see below for details)

Course Fee – Regular Pricing - \$135

When your AUHSD registration and payment is received, specific directions will be emailed to you about how and where to sign-up for the Blended Learning portion of this course.

ARC BLENDED LEARNING FEE - \$35

To receive the 'Early Bird' pricing, registrations are due by the dates listed below.  
The dates below are an 'in hand' date, not postmarked.

'Early Bird' Deadline			'Early Bird' Deadline	
Course #4	March 4		Course #9	June 3
Course #5	March 25		Course #10	March 11
Course #6	April 1		Course #11	April 22
Course #7	May 6		Course #12	June 3
Course #8	June 3			

(The above listed class fees pay for class materials, instructor fees and pool fees.)

**Cancellation Policy:**

If any class listed above does not have a minimum of six students enrolled one week prior to the start of the course, that specific course will be cancelled.

**Registration:**

Please fill out the registration form on the next page and drop off or mail to the Soda Aquatic Center, 300 Moraga Road, Moraga, CA 94556.

**Refunds:**

Refunds are allowed up to seven days prior to the first day of course; however, a \$15 service fee will be charged per course. Participants may not make up any class that has been missed. Returned checks are subject to a \$100 charge or three times the amount of the check, whichever is less.

**Questions:**

Contact Andrew Morris at (925) 280-3928 or by e-mail at [soda@acalanes.k12.ca.us](mailto:soda@acalanes.k12.ca.us).

# REGISTRATION

PLEASE SEND TO:  
SODA AQUATIC CENTER  
300 MORAGA ROAD, MORAGA, CA 94556

## Acalanes Union High School District Registration Form

**SEND TO: Soda Aquatic Center, 300 Moraga Road, Moraga, CA 94556**  
NOTE: One registration form must be completed for EACH PARTICIPANT.  
More forms are available at the Soda Aquatic Center Office (925-280-3928) or you may duplicate this form.  
**Checks payable to: Acalanes Union High School District (AUHSD)**

Parent/Guardian Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Participant Name \_\_\_\_\_ Telephone \_\_\_\_\_ Home \_\_\_\_\_ Work \_\_\_\_\_  
e-mail \_\_\_\_\_ Participants Age (if under 18) \_\_\_\_\_

*Swim Lesson Registrations – Please list first and second choice of lesson times. Assume your first choice was accepted unless you are notified.*

Course Title	Time	Dates	Day(s)	Fee	For Office Use
1.					\$ Rec.
2.					Date Rec.
3.					

NO CONFIRMATION WILL BE SENT

I hereby waive all claim or claims against the Acalanes Union High School District (AUHSD), Board of Trustees, its agents and/or employees for personal injury to myself or my children while participating in the above AUHSD Program(s). I further agree to indemnify and hold harmless the AUHSD, Board of Trustees and its agents and employees from any claim or claims for personal injury or property damage against said entity arising from any activity by myself or my child(ren) which causes such injury or damage. I hereby authorize qualified physicians to render medical treatment or care that they may deem necessary for my child(ren) in case of illness or accident during such program(s).

Signature: \_\_\_\_\_ Date: \_\_\_\_\_