

Acalanes Union High School District Presents  
***American Red Cross - Winter 2015-2016 Classes  
For Lifeguard Training***



**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). Lifeguarding/First Aid and CPR for the professional rescuer are now both 2-year certifications.

**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.

Winter Course #1		
Saturday	January 2	8am-4pm
Sunday	January 3	8am-4pm
Saturday	January 9	8am-4pm
Sunday	January 10	8am-12pm

**Lifeguard/CPR Review and Recertification:**

Lifeguarding/First Aid and CPR for the Professional Rescue (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 #2 – Friday January 1, 9am-4pm

**Location:**

Soda Aquatic Center at Campolindo High School

**Cost:**

Lifeguarding for the Professional Rescuer

**SPECIAL 'Early Bird' Pricing - \$225 (see next page for details)**  
Course Fee – Regular Pricing - \$265

Lifeguard/CPR Review & Recertification

**SPECIAL 'Early Bird' Pricing - \$115 (see next page for details)**  
Course Fee – Regular Pricing - \$135

The dates on the next page are an 'in hand' date, not postmarked.

**'Early Bird' Deadline**

Course #1 & #2	December 19
----------------	-------------

Continue on next page →

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

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

**Registration:**

Please fill out the registration form on the reverse side of this flier 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 class; however, a \$15 service fee will be charged per class. Participants may not make up classes that have 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).