1250 Highway 14 West
Richland Center, WI 53581

608-647-8522

www.symonsrec.com

2012 Symons Recreation Complex American Red Cross

Please complete the registration form and check the session(s) you would like to attend.

- **Lifeguard Training Participants**

Must attend ALL sessions and bring suits to each lesson.
You must be at least 15 years of age (16 to guard in WI). ***Please bring proof of your age to the first class***. You must complete the Lifeguarding pre-course swim. Upon the successful completion of the American Red Cross Lifeguard Training course, you will receive an American Red Cross Lifeguard Training certificate, which is valid for 3 years. You will also receive a CPR/AED for Lifeguards certificate, which is valid for one year.
The pre-course swim for Lifeguarding:

1. Swim 500 yards continuously, using these strokes in the following order:
    - 200 yards (4 laps, 8 lengths) front crawl using rhythmic breathing (face in the water & breathe to the side)
    - 100 yards breast stroke (2 laps, 4 lengths)
    - 200 yards front crawl/breast stroke (4 laps, 8 lengths)
2. Swim 20 yards using front crawl or breaststroke, surface dive to 7-10 feet, retrieve a 10-pound object, return to surface, swim 20 yards back to starting point carrying the object

- **Lifeguard Training RE-CERTIFICATION /Challenge and/or CPR PRO AED Re-certification**

A challenge course means that no teaching or viewing of tapes will be involved. Students may elect to pick up study guides prior to the class in order to prepare for testing (there is an extra fee for the study guide). You may enroll in just the CPR Pro / AED portion of this challenge course, which updates that one-year certification. FULL re-certification participants will also be challenged on 1st Aid, CPR Pro, AED, and water rescue skills. They will take all the written tests. Upon the successful completion of the American Red Cross Lifeguard Training re-certification challenge, you will receive an American Red Cross Lifeguard Training certificate, which is valid for 3 years as well as CPR Pro, 1st Aid, and AED certificates, valid for one year. (Also must complete the Lifeguarding pre-course swim as stated above under the Lifeguard Training section.
Participants for full lifeguard challenge course must attend the entire session and must bring a swim suit. Participants must bring a current valid Red-Cross issued Lifeguard Certificate.

- **Water Safety Instructor Participants**

Must attend ALL sessions and bring swim suits to each lesson.
You must be at least 16 years of age. ***Please bring proof of your age to the first class.***

1. Swim the following strokes:
    - Front crawl – 25 yards (one length of the pool)
    - Back crawl – 25 yards (one length of the pool)
    - Breaststroke – 25 yards (one length of the pool)
    - Elementary backstroke – 25 yards (one length of the pool)
    - Sidestroke – 25 yards (one length of the pool)
    - Butterfly – 15 yards
2. Maintain position on back one minute in deep water (floating or sculling).
3. Tread water for one minute.

Upon the successful completion of the American Red Cross WSI course, you will receive an American Red Cross WSI certificate, which is valid for 2 years, and will renew by teaching American Red Cross swimming lessons.

- **Community CPR/AED/First Aid**

All components are FULL LENGTH COURSE(S) for the Community Lay Person. You may enroll in either CPR/AED and/or First Aid. There are separate fees for both portions.

1. CPR (Cardiopulmonary Resuscitation) and AED (Automated External Defibulator) for an adult.
2. First Aid for an adult

By completing this registration, you understand that you must pay the non-refundable class fee in advance.
Refunds are not given for any reason.

Print name: _____ Date of Birth: _____

Address: _____ City, State, Zip: _____

E-mail Address:_____ Phone: _____

Person to contact in case of emergency: _____ Phone: _____

_____ _____
Signature of prospective student Date

_____ _____
Signature of parent or guardian (if student is under age 18) Date

Successful course completion requires participation in classroom and skill sessions as well as successful performance in skill and knowledge evaluations. Due to the nature of the skills in this course, you will be participating in strenuous activities. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician before you start the course. For Lifeguard Training, Lifeguard Challenge, and Water Safety Instructor courses: You understand that you will be required to successfully complete the pre-course swim detailed above. **Failing the pre-course swim eliminates you from participating in the course and you will not receive a refund.**

Full Courses:
Lifeguard Training ____ Yes ($175 members / $225 non-members)
- ☐ **Session 1: February 24-26 & March 9-11; Fridays 4-9pm; Saturdays/Sundays 9am-5pm**
- ☐ **Session 2: April 20-22 & May 4-6; Fridays 4-9pm; Saturdays/Sundays 9am-5pm**
- ☐ **Session 3: May 8, 11, 16-20 Wednesday-Fridays 5-9pm; Saturdays/Sundays 9am-5pm**
- ☐ **Session 4: June 11-15; Daily from 8-4pm**

Water Safety Instructor ____Yes ($175 members / $225 non-members)
- ☐ **Session 1: March 2-4 & March 16-18; Fridays 5-9pm; Saturdays/Sundays 9am-5pm**

Community
CPR/AED ___Yes ($100 members / $110 non-members)
- ☐ Tuesday **January 17th** CPR/AED; 5-9pm
- ☐ Tuesday March **20th** CPR/AED; 5-9pm
- ☐ Tuesday **August 21st** CPR/AED; 5-9pm
- ☐ Wednesday **October 3rd** CPR/AED; 5-9pm

Community
First Aid ___Yes ($75 members / $85 non-members)
- ☐Thursday **January 19th** First Aid; 5-9pm
- ☐Tuesday **March 22nd** First Aid; 5-9pm
- ☐ Thursday **August 23rd** First Aid; 5-9pm
- ☐Monday **October 8th** First Aid; 5-9pm

Challenge/Recertification Courses:
Full Lifeguard challenge / re-certification ____ Yes ($100 members / $115 non-members) Extra fee for study guides
Times: 9:00am-1:00pm & 2:00-6:00pm
Lifeguard CPR Pro/AED challenge *only* ____Yes ($75 members / $85non-members) Extra fee for study guides.
Times: 2:00-6:00pm
Community CPR/AED Challenge
Times: 4:00-6:00pm
Community First Aid Challenge
Times: 9:00-11:00am
Dates for Challenge/Recertification Courses:
- ☐Sunday March **11th**
- ☐Sunday **May 6th**
- ☐ Sunday May **20th**
- ☐ Friday **June 15th**

For office use only:
CR #_____
Date paid:_____
Amount:_____

Pay through Bookings!