

CLASS OBJECTIVE

The American Red Cross Lifeguard Training class prepares students to obtain an entry level lifeguarding position at a swimming pool facility. This class will include First Aid, CPR for the Professional Rescuer, Automated External Defibrillation (AED), and Preventing Disease Transmission training and certification.

PRE-REQUISITES

- Must be 15 years of age by the last date of the class in which enrolled.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. May swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes using only legs.
- Swim 20 yards using either front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound brick, return to the surface and swim 20 yards on back to the starting point with both hands on the brick, and exit the water. Goggles may not be used.
- Successfully complete skills.

**Classes will be held at the
Ark City Family Aquatics
Center,
1200 West Radio Lane,
Arkansas City, Kansas**

CLASS SCHEDULE

Session 1

April 8 5pm-8pm
April 9 9am-5pm
April 10 9am-5pm

Attendance at all classes is mandatory.

Session 2

May 31 9am-5pm
June 1 9am-5pm

Attendance at all classes is mandatory.

*** For more information contact: Debbi Davidson, Aquatics Director at (620)441-2018
ddavidson@arkcityrec.org**

**Ark City Rec Center
225 E Fifth Avenue
Arkansas City, KS 67005
(620)441-4300**

The class will be a blended learning course. This means that we need an e-mail address for the student to send a link to so that they can complete the online portion prior to the first in-person class. Proof of online completion must be shown at first day of class.

COMPLETION REQUIREMENTS

- ✧ **Must pass final written tests with minimum score of 80%**
- ✧ **Successfully complete all required skills and pass the final skills scenarios**
- ✧ **Attend all class sessions and participate fully in class**

Participant's Name (please print)

Last First

Home Phone:

E-mail

Birth Date

____/____/____ Age _____

Male

Female

Address

City & Zip

It is hereby acknowledged that the undersigned and the registered participant will abide by the rules and regulations of the ACRC and the above specified association or program sponsor. In case of injury, death or circumstance, and in consideration of acceptance into the program, the undersigned, the registered participant, and their respective heirs, administrators, executors, or assigns, hereby release, absolve, indemnify and hold harmless the ACRC, its subsidiary organizations and their officers, agents, employees, volunteers, and/or other participants.

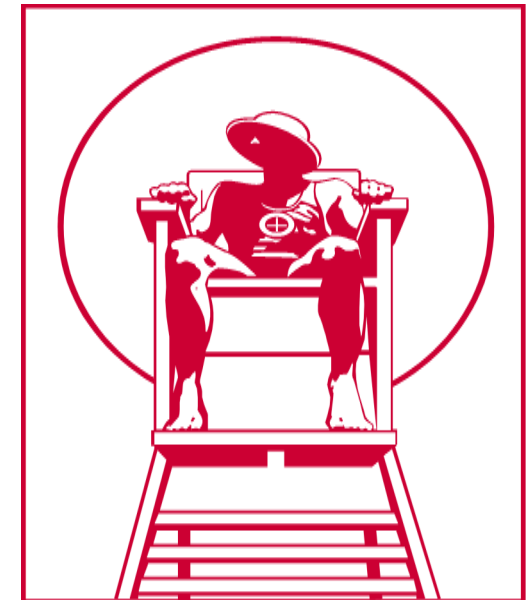
Participant Signature

**Ark City Recreation Commission
225 E. Fifth Avenue
Arkansas City, KS 67005**



THE ARK CITY RECREATION COMMISSION

American Red Cross Lifeguard Training



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1200 West Radio Lane
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