

LIFEGUARDING CLASS

Date for water test and start of first lesson: Tuesday 3/1/2022
from 5:00 – 8:00 pm approx.

Requirements:

1. Be at least 15 years of age by the last day of the course attended
2. Attend all training sessions
3. Successfully complete a pre-course screening session which includes the following:
 - o 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. Swim goggles may be used.
 - o Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
 - o Complete a timed event within 1 minute and 40 seconds, which consists of the following:
 - i. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - ii. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - iii. Return to the surface and swim 20 yards on the back, returning to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
 - iv. Exit the water without using a ladder or steps. This is timed.
4. Perform all required skills with 100% accuracy.
5. Pass a written test with a score of at least 80%.

Dates of the remaining classes, every Tuesday night:
3/8 through 5/10/2022

Classes will run from 5:00 – 8:30 pm

No class April 5, due to Spring Break

Cost: \$200.00

Please make check payable to Fraser Public Schools.

You are responsible for getting your own book prior to the first class, either by purchasing it through the American Red Cross website, or downloading it to your computer or iPad free of charge. **YOU MUST HAVE A COMPUTER OR IPAD AVAILABLE AT EVERY CLASS.** Class content available online is not compatible with phones.

**PLEASE CONTACT THE FRASER POOL FOR
MORE INFORMATION AT: 586-439-7259**

Or feel free to email us at fraseraquatics@gmail.com

FRASER SWIM PROGRAM REGISTRATION FORM

Please make checks payable to **FRASER PUBLIC SCHOOLS**

MAIL TO: Fraser Public School
Attn: Swim Registration
34270 Garfield, Fraser, MI 48026-1898

Parent's Name: _____ Phone # _____

Address: _____ City: _____ Zip: _____

Parent's Email: _____

Student 1: _____ DOB: _____ Class: LG Day: T Cost: \$200

Student's Email: _____

Student 2: _____ DOB: _____ Class: LG Day: T Cost: \$200

Student's Email: _____

REGISTRATION FEES ARE NON-REFUNDABLE—Credit based

Office Use Only:

Cash _____ Check _____