



AMERICAN RED CROSS LIFEGUARD COURSE

COURSE FEE: \$185

SATURDAY, MAY 23 9am – 5pm

SUNDAY, MAY 24 1-6pm

SATURDAY, MAY 30 9am – 5pm

SUNDAY, MAY 31 1-6pm

**Full attendance is required*

Successful completion results in 2 year certificate in Lifeguarding which includes Waterfront, First Aid and CPR/AED. Must be 15 years of age by last day of course and pass pre-test to take class.

Pre-test: Swim 300 yards continuously, surface dive to depth of 7-10 feet retrieving 10 lb. object and swim it back to starting point, exit water without using ladder or steps. Goggles allowed during 300 yard swim only. If unable to pass pre-test, will receive course fee refund minus \$10 processing fee.

To pass class must achieve 80% on all written exams and proficiently demonstrate all skills. Along with certificates, students will receive lifeguard manual, personal CPR mask, whistle and lanyard.

Limited to first 10 students to register.

REGISTER BY MAY 21st

REGISTRATION:

Name: _____ Birth date: ____/____/____ M _____ F _____

Address: _____ Village/State: _____ Zip: _____

Phone: _____ Email address: _____

Medical Restrictions/Concerns: _____

Emergency Contact Person: _____ Emergency Phone: _____

Method of payment: Cash _____ Credit Card _____ Check (# _____)

Amount of payment: _____ **Date of Payment:** ____/____/____ **Staff:** _____

Waiver and Release of Liability

Chautauqua Health & Fitness and Chautauqua Institution urges all members and patrons to obtain a physical examination from a doctor before using any exercise equipment and apparatus designed for exercising shall be at the member or patron's sole risk. The member or patron understands that the agreement to use, or participate in a selection of exercise programs, methods and types of equipment shall be member or patron's entire responsibility, and the member or patron assumes all of the dangers in using the equipment. The undersigned waives all claims against Chautauqua Institution arising from the use of the equipment or the pool, whether caused by negligence or otherwise, and whether for bodily injury or property damage, and the Chautauqua Institution shall not be liable to member or patron for any claims, demands, injuries, damages, or actions arising due to injury to member or patron or their property arising out of or in connection with the use by member or patron of the services, facilities and premises of Chautauqua Health & Fitness. The member or patron hereby holds the Chautauqua Institution, officers and employees harmless from all claims which may be brought against them by member or patron or on member or patron's behalf for any such injuries or claims.

Member/Patron Signature: _____ Date: ____/____/____

Member/Patron Printed Name: _____ Phone #: _____

Parent/Guardian Signature: _____ Date: _____

(if patron is under 18 years of age)