AMERICAN RED CROSS LIFEGUARD TRAINING

Comprehensive training in professionalism, surveillance, victim recognition, equipment-based rescues, care for head, neck and back injuries. First aid and CPR/AED for the Professional Rescuer and more. The pre-requisite for course: swimming 300 yards continuously demonstrating breath control and rhythmic breathing. Tread water for two (2) minutes using only the legs. Complete timed swim – 20 yd. swim and brick recovery in 7-10 ft. water, swim brick out on back holding with both hands, and return to deck in 1 minute 40 sec. or less. The pre-requisite swim test will be given at class. You must pass pre-requisite to continue in class. No refund will be given if not passed. If you have any question about your swim skill ability, please call and discuss prior to enrollment. LG students must be 15 or older by the last day of class. (You will be provided with a pocket mask, fanny pack and whistle in class). **MUST** have a book (electronic or hard copy) for class. You may download and print or use laptop or tablet, or we can get the printed book for you for $35.00. If successful on written exams and water skills you will be certified in CPR. Must bring proof of age to class.

Your instructor for LG class for the Red Cross is Andria Gentry.

STUDENT REGISTRATION FOR PARIS AQUATIC CENTER STAFF

(Please complete this form and return to: Bridget Domengeaux

City of Paris Parks Dept.

50 W. Hickory; Paris, TX 75460

O) 903-784-9299 C) 903-517-0724

Print Name_____

Email address MUST HAVE_____

Address _____ City/Zip_____

Phone_____ Alternate Phone _____

Classes are: May 13 to 16 Thurs and Fri - 4:00pm to 8:00pm

Sat and Sun - 9:00am to 6:30pm

May 27 to 30 Thurs and Fri - 4:00pm to 8:00pm

Sat and Sun – 9:00am to 6:30pm