



2016 Symons Recreation Complex American Red Cross

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

➤ **Lifeguard Training Participants – Blended Learning (Must have easy access to the internet)**

Must attend ALL sessions and bring suits to each lesson. Prior to each session participants are required to complete the online assignments listed in the itinerary. (After you are registered you will receive an email with online directions & the itinerary)

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, First Aid & CPR/AED for Lifeguards, which is valid for 2 years.

The pre-course swim for Lifeguarding:

1. Swim 500 yards continuously, using these strokes:
 - front crawl using rhythmic breathing (face in the water & breathe to the side)
 - breast stroke
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
3. Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are **not** allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return 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.
 - Exit the water without using a ladder or steps.

➤ **Lifeguard Training RE-CERTIFICATION– Blended Learning (Must have easy access to the internet)**

Prior to the class you MUST go online and complete approx. 7.5 hours of work and videos. After receiving your registration and copy of current lifeguard certificate you will receive an email with online directions Email tracy@symonsrec.com or call 608-647-8522 and ask for Tracy if you have any questions or if you don't have access to the internet. Students may elect to pick up book study guides prior to the class in order to prepare for testing (there is an extra fee for the book study guide). You may request a PDF file of the book for FREE, via an email to tracy@symonsrec.com. Lifeguard Training re-certification participants will also be challenged on First Aid, CPR/AED Pro, and water rescue skills. They will take all the written tests. Upon the successful completion of the American Red Cross Lifeguard Training re-certification, you will receive an American Red Cross Lifeguard Training, First Aid & CPR/AED certificate, which is valid for 2 years. (Also must complete the Lifeguarding pre-course swim as stated above under the Lifeguard Training section.) You must pre-register at least five days prior to the recertification course date(s), due to the hours of online content.

Participants for full lifeguard challenge course must attend the entire session and must bring a swim suit. **Participants must turn in a copy of a current valid Red-Cross issued Lifeguard Certificate along with this form.** Please note if you do not start the online course work at least 5 days prior to the day of the in class session you will NOT be able to attend the in class session & will not pass the lifeguarding recertification class.

➤ **Water Safety Instructor Participants - Blended Learning (Must have easy access to the internet)**

Must attend ALL sessions and bring swim suits to each lesson and complete the online assignments listed in the itinerary. (After you are registered you will receive an email with online directions & the itinerary) There is over 8 hours of work that is required to be done BEFORE you come to class on the first day. **Because you will be extremely busy: 1. Creating your thorough lesson plans for your 6 to 8 practice teaching assignments 2. Creating lesson plans for teaching actual lessons with children** Almost all work must be completed BEFORE the first class. You simply will not have time for the reading and the online simulation during the weekend. You will be handing in completion certificates from all online simulations when you show proof that you will be at least 16 by the end of the class. Most of the Online Rounds should take around 1 hour to complete.

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.

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 online, 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.**

2016 Dates for Blended Learning Courses – Need easy access to internet (non dial-up):

Blended Learning Lifeguard Training (Means you need to have easy access to the internet – non-dial-up internet)

____ Yes (\$175 members / \$225 non-members)

___ **Session 1: March 4, 5, 12 & 13**

Fridays 4:30-9pm Saturdays 10am-5:30pm; Sundays 9am-5:30pm

Must sign up and complete assignment by Wednesday February 24th.

(Lunch Breaks will only be 30 minutes so bring your own sack lunch)

___ **Session 2: April 2, 3, 9, & 10**

Saturdays 11am-5:30pm; Sundays 9am-5:30pm

Must sign up and complete assignment by Wednesday March 23rd.

(Lunch Breaks will only be 30 minutes so bring your own sack lunch)

___ **Session 3: May 7, 13, 14, & 15**

Fridays 4:30-9pm; Saturdays 10am-5:30pm; Sundays 9am-5:30pm

Must sign up and complete assignment by Wednesday April 27th.

(Lunch Breaks will only be 30 minutes so bring your own sack lunch)

___ **Session 4: June 6, 7, 8, & 10**

Monday, Tuesday & Friday 8am-4:30pm; Thursday 8am-2:00pm

Must sign up and complete assignment by Sunday May 29th.

(Lunch Breaks will only be 30 minutes so bring your own sack lunch)

Water Safety Instructor ____ Yes (\$175 members / \$225 non-members)

Session 1: TBA

Must sign up and complete assignment by TBA.

(Lunch Breaks will only be 30 minutes so bring your own sack lunch)

Challenge/Recertification Courses:

Full Lifeguard re-certification ____ Yes (\$100 members / \$115 non-members) Extra fee for study guides

(Includes Lifeguard/First Aid/CPR/AED) If you have not registered and start the online course work at least THREE days prior to the recertification you will NOT be able to attend the Recertification.)

Times: 7:30am-1:00pm & 2:00-6:00pm (Both AM & PM Sessions are REQUIRED)

Dates for Recertification Courses (Pick one date below):

___ **Sunday 3/13/16 (Must Register & Start online content by Monday February 29)**

___ **Sunday 4/10/16 (Must Register & Start online content by Monday April 4)**

___ **Sunday 5/15/16 (Must Register & Start online content by Monday May 9)**

___ **Friday 6/10/16 (Must Register & Start Online content by Friday June 3)**