

## **Lifeguard Training Course at the New Milford Swim Club**

Location of Lifeguard Training Course: 160 Trotta Drive, New Milford, NJ 07646

### Pre-requisites for Lifeguard Training Course:

1. Applicant must be 15 years old. (Can start the course at 14 but must be 15 by the final day of the course)
2. Must be able to perform the following:
  - Swim 300 yards continuously, using freestyle / front crawl or breaststroke.
  - Swim 20 yards using freestyle / front crawl or breaststroke, surface dive to a depth of 7 to 10 feet and retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point. When returning to the starting point with the object, exit the water without using a ladder or steps, within 1 minute and 40 seconds.

### Dates and Times of Course:

Friday, May 10<sup>th</sup>, 2019 – 4pm to 6pm [Pre-Test]

Saturday, May 11<sup>th</sup>, 2019 – 8am- 2pm [Class]

Friday, May 17<sup>th</sup>, 2019 – 4pm – 7 pm [Class]

Saturday, May 18<sup>th</sup>, 2019 – 8am- 2pm [Class]

Sunday, May 19<sup>th</sup>, 2019 – 9am- 12pm [Test]

**(Must bring a bathing suit to pre-test and each class.)**

Cost: \$370.00

(If paying with a check, please make checks payable to “Cash”)

**Absences are strongly discouraged, however, 1 excused absence is permitted.  
More than 1 absence will result in failure of the course.**

If interested/ Comments, Questions or Concerns please feel free to contact:

Amy Ayoub @  
[Amiramary27@gmail.com](mailto:Amiramary27@gmail.com)

Email by May 8<sup>th</sup>, 2019 if you wish to enroll in the course.

**American Red Cross Approved**

# **Lifeguard Training Course at the New Milford Swim Club**

**\*\*THIS FORM ALONG WITH FULL PAYMENT IS DUE ON THE DAY OF THE PRE-TEST\*\***

Name of Applicant: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ (Must be 15 years old by May 19<sup>th</sup> 2019)

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Applicant's Cell Phone: \_\_\_\_\_

Applicant's E-mail Address: \_\_\_\_\_

Emergency Contact (Parent or Guardian): \_\_\_\_\_

Relation to Applicant: \_\_\_\_\_

Emergency Contact's Phone: \_\_\_\_\_

**STATEMENT OF UNDERSTANDING:** I hereby certify that the information on this form is correct and that I have read and fully understand all course requirements including prerequisites, attendance, refund and cancellation notification as described below. I am 18 years of age or older, or my parent/legal guardian has read and accepts these terms.

**CANCELLATION NOTIFICATION:** In case of inclement weather or other cancellations, we will contact the applicants and advise of the cancelled class/session and reschedule.

**I HAVE READ AND UNDERSTAND THE CONSENT FORM INFORMATION LISTED ABOVE.**

Signature of Parent/Guardian: \_\_\_\_\_

Signature of Applicant: \_\_\_\_\_