

# PORTSMOUTH RECREATION DEPARTMENT

## Red Cross Lifeguard Training

### Concentrated Course at the Portsmouth Indoor Pool

**May 11<sup>th</sup> through May 23<sup>rd</sup>, 2010**

#### **Course Requirements:**

1. Students must be 15 years old before the date of the final class. (Bring license or birth cert. with you to register.)
2. Students must pass the practical pre-course test. See reverse side for the full explanation.
3. All classes are **Mandatory**. Must successfully complete all written and skills tests to pass.

#### **Registration: Begins Thursday April 1<sup>st</sup>**

**Class Dates:** Tuesday May 11<sup>th</sup> through Sunday May 23<sup>rd</sup> \* (See dates and times on back.)

**Location:** Portsmouth Indoor Pool (Next to the Portsmouth High School)

**Instructor:** Nicole Ciancarelli and Lexy vanBinsbergen

**Cost:** **\$200.00** (includes books, mask & administrative fees) Full payment due at registration.

**Waiver:** Please sign and return the attached waiver form with your payment.

**Pre-test:** At registration, please schedule a time for the pre-course test. Pre-test must be taken within 5 days of registration. We can not hold any spot longer than 5 days because of the demand for the course. Full refunds will be issued (upon check clearing) for anyone who does not pass the pre-test. (May 6<sup>th</sup> is the last day for pre-testing.)

**Upon Class Completion:** 3-year certificate in Lifeguard and First Aid.

1 year certificate in CPR–For the Professional Rescuer (includes AED training.)

#### **Payment Information:**

- Payment in full is required by check or cash only (see below for pre-test exception)
- The class will be filled on a first come first served basis.
- The pool will not accept telephone reservations or hold spaces for any individual without payment.

#### **Cancellation and Refund Policy:**

Students must pass the pre-course test to be issued their book and mask and remain in the course. Please schedule your pre-test when you come in to register. See reverse for requirements. If the pretest is **NOT** successfully completed your course fee will be fully refunded once your check clears.

Full refunds will be made in the event that the class is cancelled or if scheduling changes by the pool prohibits your attendance. If you have registered, and passed the pre-test, and find that you can not take the class, the pool must be notified by Thursday, May 6<sup>th</sup> for a full refund. Notification after that date will result in loss of half the registration fee (\$100.00) if your place can not be filled from the waiting list. (If we can fill it, you get the full \$200.00 back.)

**ADDRESS:** PORTSMOUTH INDOOR POOL - 48 ANDREW JARVIS DR. - PORTSMOUTH, NH  
Next to Portsmouth High School **Phone: (603) 427-1546** E-Mail: indoorpool@cityofportsmouth.com

# LIFEGUARD TRAINING – May 2010 – Dates and Times

When you come in to register you will pick one of days and times to take the pre-course test. (see below) There is no charge\* and it takes only 20 minutes. Slots will be filled on a first-come first served basis. If you pass the test and provide proper proof of age you will receive the book and pocket mask (for CPR). The first reading assignment will be in the book and should be completed prior to the first class. If you have been issued the book and mask, and drop out prior to the first class, you must purchase the book (\$35) and mask (\$15) as these can not be returned.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Tuesday	May 11 <sup>th</sup>	6:00 – 9:00 PM
Thursday	May 13 <sup>th</sup>	6:00 – 9:00 PM
Friday	May 14 <sup>th</sup>	6:00 – 9:00 PM
Saturday	May 15 <sup>th</sup>	12:00 – 5:00 PM
Sunday	May 16 <sup>th</sup>	9:00 AM – 2:00 PM
Tuesday	May 18 <sup>th</sup>	6:00 – 9:00 PM
Thursday	May 20 <sup>th</sup>	6:00 – 9:00 PM
Friday	May 21 <sup>st</sup>	6:00 – 9:00 PM
Saturday	May 22 <sup>nd</sup>	12:00 – 5:00 PM
Sunday	May 23 <sup>rd</sup>	9:00 AM – 2:00 PM

The hours scheduled for this class have been based on 12 students. If there are fewer students we will still have the same number of classes but we may end some classes early.

**Please Note:** Participants should not register for the Lifeguard Training Course if they can not attend all classes. **All classes are mandatory.** You will be unable to pass if you do not attend each one. There will be no exceptions for prom attendance, auto breakdowns, athletic events, injuries, etc.

## **Pre-test:**

To be eligible for the Lifeguard Training course, the candidate must successfully complete the following swimming prerequisite. The pre-test will take about 20 minutes. Please schedule this pre-test with the front desk staff when you come in to register.

- 1) Swim 300 hundred yards continuously (no stopping) using these strokes in the following order:
  - ❖ 100 yards (4 lengths) of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
  - ❖ 100 yards (4 lengths) of breaststroke using a pull, breathe, kick and glide sequence.
  - ❖ 100 yards (4 lengths) of either front crawl using rhythmic breathing or breaststroke. This 100 yards may be a combination of front crawl and breaststroke.

**Note:** There is no time requirement for this skill.

- 2) Starting in the water, swim 20 yards using the front crawl or breaststroke, surface dive 10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using ladder or steps, **within 1 minute, 40 seconds.**

**Note:** When returning to the starting point, the candidate must hold the 10-pound object with both hands and against their chest. They must keep their face above the water. We recommend participants do this by swimming on their back using a whip (breaststroke kick) or a rotary (eggbeater kick).

**\*To schedule a custom pre-test at a time other than those listed in the book at the front desk ...please call Greg or Jason at the pool 427-1546 and bring \$20 for this pre-test fee.**