

LIFEGUARD TRAINING

SPRING 2013

These are American Red Cross certification courses. Students must be at least 15 years old by the last day of class to register. After successful completion you will be able to begin working as a certified American Red Cross Lifeguard!

Certifications remain active: Lifeguarding, AED, First-Aid & CPR – 2 years.

A prerequisite test will be administered on the first day of the class. It consists of the following:

- swim 300 continuous yards using a combination of freestyle and breaststroke – no other strokes are allowed.
- retrieve a 10 lb. brick from 10 feet of water and swim twenty yards while both hands are on the brick, within 1min 40 sec
- tread water for 2 minutes using your legs only – hands are to be placed underneath your armpits

Prerequisites must be met before a student may continue with the course.

Our courses are designed with very tight time constraints. Therefore, students must plan on attending all classes and be on time each day – no exceptions. Participants will need to bring a swim suit, towel, textbook (given on first day), writing utensils, lunch, and snack to each class, valve masks and textbooks are included in the course fee. Space is limited in all of these courses. Classes fill quickly. Once a class is full a wait-list is started. All efforts are made to accommodate as many participants as possible. You cannot make-up time in another class.

Refund Policies: No refunds will be given after the first day of class or to participants who fail the class. If a participant is unable to successfully complete the prerequisite test or cancels enrollment within ten days of the course start date a \$125 processing fee is assessed. For more information call Tim Skowronski at (248) 645-3734 or email tskowronski@cranbrook.edu.

March ~Weekend Course

Class meets 2 weekends.

March 16, 17, 23, 24

Saturdays - 8:00am to 4:30pm

Sundays – 8:00am to 4:30pm

\$185 – Natatorium Members*

\$205 – Nonmembers

*Members are Cranbrook Employees and their immediate family, Cranbrook Students, and those who have purchased memberships.

Mail to:
Cranbrook Schools
Natatorium
PO Box 801
Bloomfield Hills, MI
48303

Make checks payable to:
Cranbrook Schools

PARKING:
Please use parking
lot located at
550 Lone Pine Road

Circle: **March~Weekend**

Name _____ **Birth Date** _____

Are you a Natatorium member? ☐ Yes ☐ No

Address _____ **Zip** _____

City _____ **State** _____

Email _____ **Phone Number** _____

Emergency Contact _____ **Phone Number** _____

If paying with a Cranbrook account: **Signature** _____

Account # _____ ☐ Cranbrook Student Acct **Total:** _____

