



## 2012 Lifeguard Certification Class

**What:** Lifeguard/First Aid with CPR/AED Certification and Re-Certification

**When:** *Saturday, March 17th* 10:00 a.m. – 8:00 p.m.  
*Sunday, March 18th* 10:00 a.m. – 8:00 p.m.  
*Saturday, March 24th* 10:00 a.m. – 2:00 p.m.  
*Sunday, March 25th* 10:00 a.m. – 8:00 p.m.

Each class will break for Lunch (Bring a lunch or have own transportation to obtain lunch from local establishment.)  
Make Up Dates/Times available on individual basis with instructor.

**Students must attend ALL CLASSES**

**Where:** 2800 Quinbery Drive Snellville GA 30039 (Quinn Ridge Community Pool) Traveling Hwy 78 from Stone Mountain to Snellville, turn right at Killian Hill red light- Bethany Church Road. Drive approximately 2 miles past Shiloh High School. Turn Left onto Quinbery Drive. The neighborhood (and Quinbery Drive) is directly across from the new Centerville Library. Follow the road until it dead ends into the pool and clubhouse.

**Cost:** \$225.00

**Details:** The American Red Cross Lifeguard Training Program is designed to train participants to be safe and effective professional lifeguards. This course includes community First Aid and Safety (C.F.A.S.), Lifeguard Training (L.G.T.), and Cardio-Pulmonary Resuscitation for the Professional Rescuer. All three of these certifications are necessary for completion of the Lifeguard Training program. This course will show the participant how to recognize and effectively handle situations that arise while lifeguarding.

**Requirements:**

- Minimum age: 15 years
- Swim 300 yards continuously using these strokes in the following order:
  - ♦ Front crawl for the first 100 yards with face in the water, rhythmically breathing, using a propellant kick.
  - ♦ Brest Stroke 100 yards. The stroke must be demonstrated using “Pull, Breathe, Kick, Glide” sequence.
  - ♦ 100 yards of either front crawl using rhythmic breathing or breaststroke as described above.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive to depth of 7-10 feet, retrieve a 10 pound brick off the bottom of the pool, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or step, within 1 minute and 40 seconds.

**Confirmation:** A confirmation phone call will be made to all applicants securing their spot in the class. No class spot will be held without payment in full. *No Refunds after swimming test is completed.* If you have any questions please call 770- 972-3111 or email to [amandachambers@positivelypools.com](mailto:amandachambers@positivelypools.com)

Send the lower portion of this application with payment. Make checks payable to **Positively Pools, Inc.** Visa/Mastercard accepted

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

D.O.B. \_\_\_/\_\_\_/\_\_\_ In Case of Emergency \_\_\_\_\_ Phone \_\_\_\_\_

This is for Lifeguard/First Aid with CPR/AED Classes \_\_\_\$225.00

**Office Use Only**

Paid By:  Check # \_\_\_\_\_  CC \_\_\_\_\_  Confirmation Call \_\_\_/\_\_\_/\_\_\_ By: \_\_\_\_\_