



**WEYMOUTH
CLUB**

More than Fitness... It's a Way of Life!



**American
Red Cross**

AMERICAN RED CROSS LIFEGUARD RE-CERTIFICATIONS

NOVEMBER 26
DECEMBER 17
2018 JANUARY 7
JANUARY 28
FEBRUARY 4

MAY 27
JUNE 3
JUNE 24
JULY 1
JULY 15

MARCH 11
APRIL 8
APRIL 29
MAY 6

AUGUST 19
OCTOBER 7
NOVEMBER 4
DECEMBER 9



Class Times
Sundays
8am - 6pm

**For more information or to sign up call 781.682.5818
or email SaveLives@weymouthclub.com**

Lifeguard Re-Cert

GENERAL CLASS INFO

- Lifeguard Training, CPR/AED for the Professional Rescuer, & First Aid certifications are valid for 2 years
- This course is a review course, it will give the participants and instructor a chance to work together to go over all skills before testing
- Students will be expected to bring their own bathing suit, towel, writing utensils and comfortable change of clothes.
- Manuals are not required for this class, however, they are available in e-book format at no extra cost. Hyperlinks can be found at www.weymouthclub.com or www.redcross.org.
- Resuscitation Masks are required for this class and participants may bring their own or purchase one from us for an additional \$15.

PREREQUISITES

- Only individuals with a CURRENT Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding/First Aid/CPR/AED certificate may participate in a review course.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes using only the legs.
- 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.
- 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.

REFUND POLICY

The full balance of the course must be paid to reserve your spot in the course. If the enrolled student cancels 21 or more days prior to the start date of the course a full refund may be requested. If the enrolled student cancels inside of 21 days before the start date of the course no money will be refunded and a transfer to another course within 6 months may be requested. If the enrolled student does not pass the pre course testing or the course upon completion of all sessions they will be given a 6-month grace period to take another course, and no money will be refunded. If the enrolled student transfers to a future course the 21 day policy is voided and no money will be refunded.

WAIVER

I accept full responsibility for my use (and/or my child's) of all apparatus, appliances, facility privileges, or service whatsoever, owned and operated at this club at my own risk and shall hold this club, it's shareholders, Directors, Representatives, and agents harmless from any and all loss, claim, injury, damage or liability sustained or incurred by me resulting there from. I understand that all class registrations must be prepaid.

In order to reserve your spot in a course you must fill out this form & provide full payment for the course.

Name: _____ DOB: _____

Street Address: _____

City: State: Zip: _____

Email: _____ Phone: _____

Course Requested: Date: _____ Current Cert Exp. _____

PAYMENT INFORMATION

Member: \$150

Non-Member: \$190

Register 7 days prior to course:
Member: \$175 Non-Member: \$215

Additional Items: Resuscitation Mask: \$15

Total Due: \$ _____

Payments Accepted:

Cash - _____ Check# - _____ Credit Card #: _____ Ex: _____ CVV: _____

SIGNATURE OF UNDERSTANDING

SIGNED: _____ DATE: _____

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