



Lifeguard Training

At Chesterfield Family Center

This course is for anyone ages 15 and older, who is interested in becoming an American Red Cross Lifeguard. Emphasis will be on earning American Red Cross Lifeguard, First Aid, CPR for the Professional Rescuer, AED Essentials, Preventing Disease Transmission, and Water Park Lifeguarding certifications. Additionally, students will participate in training that focuses on customer service, lifeguard skills, conflict resolution and conditioning, as well as complete swimming assignments and lifeguard skills tests.



Cost Per Session: \$210 for members; \$220 for non-members

Classes marked with an () will be held at the Central Pool across from Central High School to accommodate deep water lessons. You will receive more details on the first day of class.

SESSION 1:

Jan. 8 4:30-8:30pm
 Jan. 9 8am-5pm
 Jan. 10 1-5pm
 *Jan. 15 4:30-8:30pm
 *Jan. 16 8am-4pm

SESSION 2:

Jan. 22 4:30-8:30pm
 Jan. 23 8am-5pm
 Jan. 24 1-5pm
 *Jan. 29 4:30-8:30pm
 *Jan. 30 8am-4pm

SESSION 3:

Feb. 6 7:30am-5:30pm
 Feb. 7 1-5pm
 *Feb. 13 7:30am-6:30pm
 *Feb. 14 1-5pm

SESSION 4:

Feb. 19 4:30-8:30pm
 Feb. 20 8am-4pm
 Feb. 21 1-5pm
 *Feb. 26 4:30-8:30pm
 *Feb. 27 8am-4pm

SESSION 5:

March 7 8am-4pm
 March 8 8am-4pm
 March 9 8am-4pm
 *March 10 8am-4pm
 *March 11 8am-4pm

SESSION 6:

March 18 4:30-9:30pm
 March 19 7:30am-5:30pm
 *March 25 4:30-9:30pm
 *March 26 7:30am-4:30pm

SESSION 7:

April 1 4:30-9:30pm
 April 2 7:30am-5:30pm
 *April 8 4:30-9:30pm
 *April 9 7:30am-4:30pm

SESSION 8:

April 16 7:30am-5:30pm
 April 17 1-5pm
 *April 23 7:30am-6:30pm
 *April 24 1-5pm

SESSION 9:

April 29 4:30-8:30pm
 April 30 8am-4pm
 May 1 1-5pm
 *May 6 4:30-8:30pm
 *May 7 8am-4pm

Three Ways To Register:

1. **Save time and register online!** Simply click the session link you would like to attend and follow registration instructions.
2. **Visit** Chesterfield Family Center and fill out a registration form.
3. **Print** a registration form off of our website at parkboard.org/aquatics, and mail it in with payment.

*Please read reverse side for more detailed information



Chesterfield Family Center Aquatics Class Description

Welcome to Chesterfield Family Center. Thank you for registering for our class. Below is some information that will help you become familiar with the class format. If you have any questions, please feel free to let us know.

Name of Class: Lifeguard Training Class

Class Room: Chesterfield Family Center's Community Rooms and Pool, Central High School Pool

Objective/ What will be taught: This course is for anyone ages 15 and above, who is interested in becoming an American Red Cross Lifeguard. Emphasis will be on earning American Red Cross Lifeguard, First Aid, CPR for the Professional Rescuer, AED Essentials, Preventing Disease Transmission, and Water Park Lifeguarding certifications. Additionally, students will participate in training which focuses on customer service, lifeguard skills, conflict resolution and conditioning, as well as complete swimming assignments and lifeguard skills tests.

Class Information/ Guidelines:

- Bring a one piece swim suit for girls or swim trunks for boys and towel every day to class. Dry clothes to change in to are also highly encouraged, rooms are air conditioned at Chesterfield.
- 100% attendance is required for this program. You must attend all classes within the session that you have selected. You must attend all classes within one session to complete your full certification. There are no makeup classes for this course.
- You are welcome to bring snacks and drinks to class, you will be given small breaks throughout the day. If you have Saturday classes during your session or have classes that lunch or dinner would otherwise be taking place, prepare a sack lunch and any other snacks and drinks you wish to bring for that day. You will be asked to stay at the facility during your breaks.
- Classes will be held at Chesterfield Family Center with the exception of the last one or two classes which will be held at our deep water facility, Central Pool across from Central High School. Your instructor will give you more information on the first day of class.
- All program materials will be provided to you on the first day of class along with an outline of what is to be expected from the session.
- On the first day of class you must complete a pre-course 300 yard swim. The pre-course swim must be swum in 100 yards freestyle, 100 yards of breaststroke and 100 yards of any combination of freestyle and breaststroke that you choose.
- You will be asked to complete a program evaluation form for this class so please keep in mind any suggestions as you participate to provide better feedback so we can further assist your needs and others in this program.

Refund Policy: If you decide to cancel your registration for our program, a refund request form **MUST** be filled out and returned at least five business days prior to the start of the program you are registered for: All approved refunds will be charged a \$10.00 processing fee.