



American Red Cross Lifeguard Training

Ages
15+

RESIDENTS: Registration begins Friday, March 7th
NON-RESIDENTS: Registration begins Friday, March 21st

Newington Parks & Recreation is offering this American Red Cross Lifeguarding Course. Students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Pre-requisites include a continuous 300 yard swim with proficiency in both front crawl and breast stroke, 2 minutes of treading water using legs only, and a timed 20 yard swim with a surface dive to retrieve a 10 pound object. Students are only permitted to use goggles for the 300 yard swim portion of the class. All students must be 15 years of age by the last date of the course.

Attendance of all course dates is mandatory- NO exceptions.

Date / Time:	Pre-Lesson Reading	Lesson	Location and Times
Wednesday, April 23 7:30pm-8:30pm (1 hour)	None	Pre-course Testing	Pool Balcony: 7:30-7:45 Pool: 7:45—8:30
Friday, April 25 6:00pm-8:45pm (2.75 hours)	Chapter 1: The Professional Lifeguard Chapter 2: Facility Safety	<u>Lesson 1:</u> The Professional Lifeguard and Facility Safety	Classroom: 6:00-7:00 Pool: 7:00-8:45
Monday, April 28 6:00pm-8:45pm (2.75 hours)	Chapter 3: Surveillance and Recognition Chapter 4: Injury Prevention	<u>Lesson 2:</u> Facility Safety, Patron Surveillance, and Injury Prevention	Classroom: 6:00-7:00 Pool: 7:00-8:45
Friday, May 2 5:45pm-8:45pm (3 hours)	Chapter 5: Emergency Action Plan Chapter 6: Water Rescue Skills	<u>Lesson 3:</u> Injury Prevention and Rescue Skills, Part 1	Classroom: 5:45-6:30 Pool: 6:30-8:45
Monday, May 5 5:45pm-8:45pm (3 hours)	Chapter 6: Water Rescue Skills	<u>Lesson 4:</u> Rescue Skills, Part 2	Classroom: 5:45-6:15 Pool: 6:15-8:45
Wednesday, May 7 6:00pm-9:00pm (3 hours)	Chapter 7: Before Providing Care and Victim Assessment Chapter 8: Breathing Emergencies	<u>Lesson 5:</u> Before Providing Care and Victim Assessment and Breathing Emergencies	Classroom: 6:00 - 9:00
Monday, May 12 5:00pm-9:00pm (4 hours)	Chapter 9: Cardiac Emergencies Chapter 10: First Aid	<u>Lesson 6:</u> Cardiac Emergencies and Using an AED <u>Lesson 7:</u> First Aid	Classroom: 5:00 - 9:00
Wednesday, May 14 5:00pm-9:00pm (4 hours)	Chapter 11: Caring for Head, Neck, and Spinal Injuries	<u>Lesson 8:</u> Head, Neck, and Spinal Injuries in the Water EXAM #1	Classroom: 5:00 - 6:00 Pool: 6:00 - 9:00
Monday, May 19 6:00pm-9:00pm (3 hours)	Review Entire Manual	<u>Final Written Exam and Final In-Water Skill Scenarios</u> EXAM #2	Classroom: 6:00 - 7:00 Pool: 7:00 - 9:00
Wednesday, May 21 6:00pm-9:00pm (3 hours)	<class date will only used if needed>	<u>Make - Up or Extra Time</u> <make-up for instructor-cancelled classes only - individual make-ups will not be permitted>	TBD

Fee includes instruction, book, pocket masks and certification in American Red Cross Lifeguarding, First Aid, and CPR/AED (2 Year Certification) after successful completion of the course. Students should bring an appropriate swim suit, towel, comfortable clothes, textbook, resuscitation mask, snack, notebook, pen, and positive attitude! Mobile phones will **not** be permitted during class time. Registration will be accepted at the Newington Parks & Recreation office until Thursday, April 17th. For more information, please contact Newington Parks and Recreation Department at (860) 665-8666.

Instructor: Nick Pizzoferrato
Location: Newington High School, Rm. 110 & Pool
Fee: \$225 for residents/\$275 for non-residents
ID: 9496



Registration form and payment must be returned to Newington Parks and Recreation Department by Thursday, April 17th.



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial ____ Last Name _____

Street Address _____ Apt./Box # ____ City _____ State ____ Zip _____

[] Check if new address Home Phone (____) _____ Work Phone (____) _____

Cell Phone (____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (____) _____

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____

Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

One registration form can be used for more than one person in the same household.

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#
			9496	American Red Cross Lifeguarding Course		

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Please note that there is a \$10 minimum for all credit card transactions.

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.



_____ + _____

Circle Method of Payment: Cash Check Credit Card Debit **TOTAL AMOUNT: \$** _____

CREDIT CARD #: _____ **Security Code** _____ **EXP. DATE** _____ / _____

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER