

AQUATIC TRAINING SCHEDULE

Registration and payment can be made at any of the Greater Palm Beach Area Branch offices.

General Information:

- 1) Students are expected to attend all classes.
- 2) Student materials are included in class fee.
- 3) Student materials must be picked up prior to first day of class, unless otherwise noted.
- 4) Payment is **required in advance** upon registration.
- 5) Bring swimsuit and towel to each class.
- 6) Bring pencil/pen and notebook.
- 7) Students must successfully complete the prerequisite skills on the first day of class.
Please review these requirements carefully. You cannot continue with the course if you do not pass the skills tests.

Refund Policies:

- 1) Fees are non-refundable. Individuals not successfully completing the prerequisites (precourse) or course are not eligible for a refund.
- 2) Transfers will be accepted with notification to American Red Cross 2 business days prior to course start date.
- 3) Please check with aquatic facility regarding pool fee refund policy. The American Red Cross Greater Palm Beach Area Chapter is not responsible for and does not regulate any changes that the pool facilities make with regards to their pool fees. Although rare, pool fee prices can change without notice.

Lifeguard Training

LENGTH 31.25 hours

COST: \$150.00 American Red Cross Registration, plus Facility fee.

- PREREQUISITES:**
- 1) Must be at least **15 years** of age prior to last day of class.
 - 2) Must successfully complete the following swimming skills on the first day of class:
 - * Swim 300 yards (freestyle, aka front crawl, and breaststroke).
 - * Swim 20 yards, surface dive to bottom & retrieve 10-lb. brick from 7-10 ft. depth and return to starting point. This is now a timed skill.

DAYS / DATES	TIMES	LOCATION	POOL CONTACT	TO REGISTER:
January 2 - January 30 2625989				
Saturdays 1/2, 1/9, 1/16 1/23 & 1/30	9-5pm	John Denson Pool 225 NW 12th Avenue Boynton Beach, FL 33435 Pool Fee: \$65	Suzy Peccerelli 561-742-6645	American Red Cross: Health & Safety Dept. 561-650-9110
January 23 - January 31				
Saturday - 1/23 Sunday - 1/24 Friday - 1/29 Sunday - 1/31	8-6pm 8-4pm 4:30-9pm 8-4pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online
February 13- February 21 2727797				
Saturday - 2/13 Sunday - 2/14 Wednesday - 2/17 Saturday - 2/20 Sunday - 2/21	10am-6pm 12-6pm 6pm-9pm 10am-6pm 12-6pm	YMCA of the Palm Beaches 2085 S. Congress Avenue West Palm Beach, FL 33406 Pool Fee: \$75.00 Instructor will p/up books	Robyn Lamp, Kim Kelly 561-968-9622	American Red Cross: Health & Safety Dept. 561-650-9110
February 19 - February 28				
Friday - 2/19 Sunday - 2/21 Saturday - 2/27 Sunday - 2/28	4:30-9pm 8-4pm 8-6pm 8-4pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online

LIFEGUARD TRAINING cont.

DAYS / DATES	TIMES	LOCATION	POOL CONTACT	TO REGISTER:
March 8 - March 12 2772986				
Monday 3/8 - Friday 3/12	9am-5pm	Meadows Park Pool 1300 NW 8th Street Boca Raton, FL 33486 Pool Fee: Residents - \$140 Non-residents - \$175	Liz Salazar & Eduardo Linares, Jr. 561-393-7851	American Red Cross: Health & Safety Dept. 561-650-9110
March 20 - March 27				
Saturday - 3/20 Sunday - 3/21 Friday - 3/26 Saturday - 3/27	9-6pm 8-4pm 4:30-9pm 8-6pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online
March 20 - April 3 2797775				
Saturday - 3/20 Saturday - 3/27 Tuesday - 3/30 Wednesday - 3/31 Thursday - 4/1 Friday - 4/2 Saturday - 4/3	1pm-3pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm	John Denson Pool 225 NW 12th Avenue Boynton Beach, FL 33435 Pool Fee: \$65	Andrea Johnson 561-742-6645	American Red Cross: Health & Safety Dept. 561-650-9110
March 27 - April 1 2727837				
Saturday - 3/27 Sunday - 3/28 Monday - 3/29 Tuesday - 3/30 Wednesday - 3/31 Thursday - 4/1	10am-6pm 12-6pm 12:30-5:30pm 12:30-5:30pm 12:30-5:30pm 12:30-4:00pm	YMCA of the Palm Beaches 2085 S. Congress Avenue West Palm Beach, FL 33406 Pool Fee: \$75.00 Instructor will p/up books	Robyn Lamp, Kim Kelly 561-968-9622	American Red Cross: Health & Safety Dept. 561-650-9110
March 29 - April 2 2655652				
Monday 3/29 - Friday 4/2	8-5pm	Palm Beach Gardens Aquatic Complex 4404 Burns Road Palm Beach Gardens, FL 33410 Pool Fee: \$120 Non Residents \$100 Residents Includes O2	Karen Partanen 561-630-1100	American Red Cross: Health & Safety Dept. 561-650-9110
April 17 - April 25				
Saturday - 4/17 Sunday - 4/18 Friday - 4/23 Sunday - 4/25	8-6pm 8-4pm 4:30-9pm 8-4pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online
May 5 - May 16 2727913				
Saturday - 5/8 Sunday - 5/9 Wednesday - 5/12 Saturday - 5/15 Sunday - 5/16	10am-6pm 12-6pm 6pm-9pm 10am-6pm 12-6pm	YMCA of the Palm Beaches 2085 S. Congress Avenue West Palm Beach, FL 33406 Pool Fee: \$75.00 Instructor will p/up books	Robyn Lamp, Kim Kelly 561-968-9622	American Red Cross: Health & Safety Dept. 561-650-9110
May 20 - May 24 2811485				
Thursday - 5/20 Friday - 5/21 Saturday - 5/22 Sunday - 5/23 Monday 5/24	5pm-9pm 5pm-9pm 8-5pm 8-5pm 5pm-9pm	Lake Worth Municipal Pool 10 South Ocean Blvd. Lake Worth, FL 33460 Pool Fee: \$50.00	Sally Welsh 561-281-5086	American Red Cross: Health & Safety Dept. 561-650-9110
May 22 - May 29				
Saturday - 5/22 Sunday - 5/23 Friday - 5/28 Saturday - 5/29	9-6pm 8-4pm 4:30-9pm 8-6pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online

LIFEGUARD TRAINING cont.

DAYS / DATES	TIMES	LOCATION	POOL CONTACT	TO REGISTER:
June 18 - June 27				
Friday - 6/18 Saturday - 6/19 Saturday - 6/26 Sunday - 6/27	4:30-9pm 8-6pm 8-6pm 9-4pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online
July 24 - July 31				
Saturday - 7/24 Sunday - 7/25 Friday - 7/30 Saturday - 7/31	9-6pm 8-4pm 4:30-9pm 8-6pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online
August 14 - August 24 2797786				
Saturday - 8/14 Tuesday - 8/17 Wednesday - 8/18 Thursday - 8/19 Friday - 8/20 Saturday - 8/21 Tuesday - 8/24	1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm	John Denson Pool 225 NW 12th Avenue Boynton Beach, FL 33435 Pool Fee: \$65	Andrea Johnson 561-742-6645	American Red Cross: Health & Safety Dept. 561-650-9110
August 21 - August 29				
Saturday - 8/21 Sunday - 8/22 Friday - 8/27 Sunday - 8/29	8-6pm 8-4pm 4:30-9pm 8-4pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online
August 28 - September 7 2797793				
Saturday - 8/28 Tuesday - 8/31 Wednesday - 9/1 Thursday - 9/2 Friday - 9/3 Saturday - 9/4 Tuesday - 9/7	1pm-3pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm	John Denson Pool 225 NW 12th Avenue Boynton Beach, FL 33435 Pool Fee: \$65	Andrea Johnson 561-742-6645	American Red Cross: Health & Safety Dept. 561-650-9110
September 11 - September 21 2797798				
Saturday - 9/11 Tuesday - 9/14 Wednesday - 9/15 Thursday - 9/16 Friday - 9/17 Saturday - 9/18 Tuesday - 9/21	1pm-3pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm 1pm-6pm	John Denson Pool 225 NW 12th Avenue Boynton Beach, FL 33435 Pool Fee: \$65	Andrea Johnson 561-742-6645	American Red Cross: Health & Safety Dept. 561-650-9110
September 17 - September 26				
Friday - 9/17 Sunday - 9/19 Saturday - 9/25 Sunday - 9/26	4:30-9pm 8-4pm 8-6pm 8-4pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online
October 23 - October 31				
Saturday - 10/23 Sunday - 10/24 Friday - 10-29 Sunday - 10/31	8-6pm 8-4pm 4:30-9pm 8-4pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online
November 19 - November 28				
Friday - 11/19 Sunday - 11/21 Saturday - 11/27 Sunday - 11/28	4:30-9pm 8-4pm 8-6pm 8-4pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online

LIFEGUARD TRAINING cont.

DAYS / DATES	TIMES	LOCATION	POOL CONTACT	TO REGISTER:
December 18 - December 22				
Saturday - 12/18 Sunday - 12/19 Tuesday - 12/21 Wednesday - 12/22	9-6pm 8-4pm 9-3pm 9-5pm	YMCA Boca Raton 6631 Palmetto Circle South Boca Raton, FL 33433 Total Cost: \$285 <i>Includes O2 & BBP</i>	Sam Tejada info@Rescue-101.com 954-482-2215	www.Rescue-101.com Fee to be paid online

Water Safety Instructor (WSI)

LENGTH: 34 hours (includes FIT course)

COST: \$180.00 American Red Cross Registration, plus Facility fee.

PREREQUISITES: 1) Must be at least **16 years** of age prior to last day of class.

2) Must successfully complete the following swimming skills on the first day of class:

* Maintain position on back for 1 minute in deep water.

* Tread water for 1 minute.

* Demonstrate the ability to perform the following swimming strokes:

** 15 yards of butterfly AND 25 yards each of:

1. front crawl (aka freestyle)
2. back crawl
3. breaststroke
4. elementary backstroke & sidestroke

DAYS / DATES	TIMES	LOCATION	POOL CONTACT	TO REGISTER:
March 28 - April 3		2811641		
Sunday - 3/28 Wednesday - 3/31 Thursday - 4/1 Friday - 4/2 Saturday - 4/3	9-5pm 9-5pm 9-5pm 9-5pm 11-4pm	Lake Worth Municipal Pool 10 South Ocean Blvd. Lake Worth, FL 33460 Pool Fee: \$50.00	Sally Welsh 561-281-5086	American Red Cross: Health & Safety Dept. 561-650-9110

Lifeguard Review Course

This review session gives currently-certified Lifeguards an opportunity to review and practice their Lifeguard Training, First Aid, CPR for the Professional Rescuer and the Oxygen Administration skills. Enables you to successfully pass the Lifeguard Challenge necessary for re-certification.

COST: \$50 American Red Cross Registration, plus Facility Fee

PREREQUISITES: 1) Must be at least **15 years** of age.

2) Must provide a copy of your current LG and CPR-PR certifications.

3) Must bring your own CPR pocket masks or purchase one from the Red Cross for \$14.

Additional CPR masks will **not** be available at the class.

4) Must successfully complete the following swimming skills on the first day of class:

* Swim 300 yards (freestyle, aka front crawl, and breaststroke).

* 20-yard swim & brick retrieval from 7-10 ft. of water (timed skill)

NONE SCHEDULED AT THIS TIME

Lifeguard Challenge

- PREREQUISITES:**
- 1) Must be at least **15 years** of age. ****NO Instruction is provided.****
 - 2) Must pass written pre-test with a score of at least 80%.
 - 3) Must successfully complete the following swimming skills on the first day of class:
 - * Swim 300 yards (freestyle, aka front crawl, and breaststroke).
 - * Swim 20 yards, surface dive to bottom & retrieve 10-lb. brick from 7-10 ft. depth and return to starting point. This is now a timed skill.

NORTH COUNTY AREA	PHONE #	DAYS / TIMES	FEES
Palm Beach Gardens Aquatic Complex			
4404 Burns Road Palm Beach Gardens, 33410	561-630-1100	Call for an appointment.	Lifeguard Re-Cert: \$55 CPR/AED for PR: \$45
CENTRAL COUNTY AREA	PHONE #	DAYS / TIMES	FEES
Gaines Park Pool (aka Warren Hawkins Aquatics)			
1501 No. Australian Ave. West Palm Beach, 33401	561-804-4961 Amy Blackman	Sat. & Sun. 12pm - 4pm Call for appt.	Lifeguard Re-Cert: \$50 Non-Resident: \$65 CPR/AED for PR: \$25 Non-Resident : \$30
Lake Worth Municipal Pool			
10 South Ocean Blvd. Lake Worth, 33460	561-718-4304 Tim Ehmke	Call for an appointment.	Lifeguard Re-Cert: \$35 CPR/AED for PR: \$25
SOUTH COUNTY AREA	PHONE #	DAYS / TIMES	FEES
Pompey Park Pool			
1101 NW 2nd Street Delray Beach, FL 33444	561-243-7358 Nina Salomon	Call for an appointment	\$40.00 per person
Grandview Preparatory School			
336 Spanish River Blvd. Boca Raton, FL 33431	954-482-2215 Rescue - 101	Call for an appointment	\$55.00 per person
The Yacht Club at Delray Beach			
110 MacFarlane Drive Delray Beach, FL 33483	Nancy 561-272-2700	Call for an appointment	Call for Fees

GuardStart: Lifeguarding Tomorrow

This program is geared for kids 11 - 14 yrs of age to prepare them for future lifeguard training. It focuses on the prevention of aquatic accidents, fitness and swimming skills, leadership skills, response in an emergency and professionalism. They will gain a foundation of knowledge and skills needed as future Amer. Red Cross Lifeguards. There is no Red Cross registration fee. All pool fees go directly to the facility hosting the course.

DAYS / DATES	TIMES	LOCATION	POOL CONTACT	TO REGISTER:
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NONE SCHEDULED AT THIS TIME

Lifeguard Management

This program provides participants with the knowledge and skills needed to effectively manage lifeguards and to create an environment that keeps patrons, lifeguards and the aquatic facility safe.

LENGTH: 7 hours

COST: \$40 American Redcross registration plus facility fee

** Students do not pick up materials. You will receive them in class.

PREREQUISITES: None - It is recommended that participants possess a current American Redcross Lifeguarding/First Aid certificate or a current certificate from another nationally-recognized organization.
Have either lifeguarding experience or management experience in another occupation.

DAYS / DATES	TIMES	LOCATION	POOL CONTACT	TO REGISTER:
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NONE SCHEDULED AT THIS TIME

Lifeguard Instructor Training

COST: \$175.00 American Red Cross Registration, plus Facility fee.

** Students do not pick up materials. You will receive them in class.

PREREQUISITES:

- 1) Must be at least **17 years** of age prior to last day of class.
- 2) Must pass written pre-test with a score of at least 80%.
- 3) Must successfully complete the following swimming skills on the first day of class:
 - * Swim 300 yards (freestyle, aka front crawl, and breaststroke).
 - * Swim 20 yards, surface dive to bottom & retrieve 10-lb. brick from 7-10 ft. depth and return to starting point. This is now a timed skill.

DAYS / DATES	TIMES	LOCATION	POOL CONTACT	TO REGISTER:
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NONE SCHEDULED AT THIS TIME

