



**American
Red Cross**

Greater Palm Beach Area Chapter



AMERICAN RED CROSS LIFEGUARD TRAINING

CAMP WELAKA
10205 S.E. Girl Scout Rd.
Jupiter, Fl. 33469

Class Dates:

<u>April 9, 2010</u>	<u>6pm-10pm</u>
<u>April 10, 2010</u>	<u>9am-6pm</u>
<u>April 11, 2010</u>	<u>1pm-6pm</u>
<u>April 17, 2010</u>	<u>9am-6pm</u>
<u>April 18, 2010</u>	<u>10am-6pm</u>

Class Fee:

\$80.00- Registration fee for Girl Scouts and Boy Scouts for this class.

(Class fee is usually \$150.00, transfers to another class will be subject to full price of \$150, and higher pool fee)

\$10.00- Pool Facility Fee- Please make checks payable to: GSSEF. Bring to first class session.

Age Requirements: American Red Cross Lifeguard training age requirements are 15 years or older.

Pre-Requisites for ARC Lifeguard

Swim 300 yards (100 yards of front crawl, 100 yards of breaststroke, 100 yards of either front crawl and/or breast- stroke. Within, 1 minute, 40 seconds (in the water) swim 20 yards, surface dive 7-10 feet and retrieve a 10 pound object. Return to surface and swim 20 yards to starting point. You must exit pool without using a ladder or steps.

Registration: Contact Beth McLeod @ 561-650-9115 to pre-pay and register. Registration deadline is **April 7, 2010.**

Instructor(s) will meet students in the Camp Welaka Parking lot. Class size is limited. Early registration is essential. Instructor(s) may contact participants regarding additional details. Students are required to attend all class sessions.

Course Completion: Participants must pass pre-requisites, water/land skills demonstrations, and pass all exams with a score of 80% or higher. Course will include ARC Lifeguard, First Aid, Professional Rescuer CPR, AED & O2 administration trained cards. CEUs are available online, visit www.redcross-pbc.org, click on store tab and follow prompts.

Course Length: 30-37 hours, pending skills assessments

Supplies Needed

Swimsuits/Trunks
Personal Water Bottles
Pencils/ Pens/Notebook
Hat

Daypack for Pool/Classroom
Personal Gear
Water Shoes-No Sandals
Jacket/Sweats

Personal First Aid Kit
Sunscreen/Bug Spray
Hiking Shoes
Lunch/Snacks

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Instructor: Valerie Wilson

Co-Instructor- Thomas Wilson