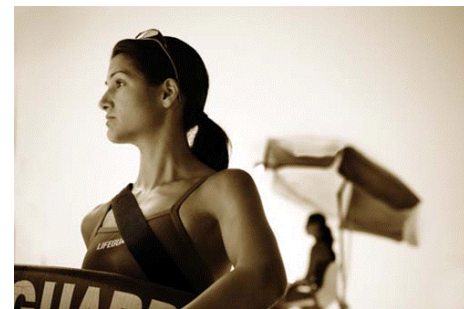




## Neptune Aquatic Center 2010 Lifeguarding Courses



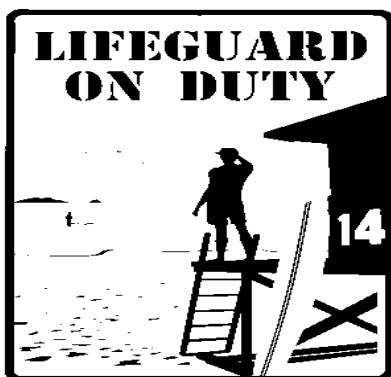
The Neptune Aquatic Center will be offering Lifeguarding Courses throughout the spring and summer of 2010. The class will include *Lifeguarding and First Aid* (valid for three years) and *Professional Rescuer CPR/AED* training (valid for one year). The course is broken up in water and classroom based study and each course builds leadership, teaching and communication skills that help to provide necessary lifesaving care.

### Becoming a Lifeguard

If you are 15 or older and looking for a great summer job or challenging career that's in demand, American Red Cross Lifeguarding Training is the best place to start. Lifeguarding lets you work as part of a team to help people safely enjoy the water. You could even save a life!

### Cost to Participants

The ARC NAC Lifeguarding class is a **\$100 one time fee**. Please make checks or money orders payable to the Neptune Aquatic Center and all checks must be submitted prior to the start of class.



## 2010 Course Dates and Times

### Course A:

Course #: LG01

April 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>

8am – 5pm

### Course B:

Course #: LG02

April 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & May 1<sup>st</sup>

8am – 5pm

### Course C:

Course #: LG03

April 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>

2pm – 7pm

To participate in the Neptune Aquatic Center Lifeguarding Courses, all participants must be at least 15 years of age by the last day of the session, **attend all classes during the session**, and successfully complete pre-course requirements which include: (1) swim 300 yards continually using front crawl and breaststroke. Must demonstrate rhythmic breathing and a stabilizing propellant kick. (2) Swim 20 yards, surface dive to 8 feet, retrieve and surface with a 10-pound object, and swim 20 yards back to the starting point, keeping your face out of the water the entire time you are swimming back and then exit the water in a minute and 40 seconds. Participants should plan on bringing a bathing suit and towel to every class.