



**WEYMOUTH
CLUB**

More than Fitness... It's a Way of Life!



**American
Red Cross**

AMERICAN RED CROSS

LIFEGUARD TRAINING & RE-CERTIFICATIONS

For more information or to sign up call 781.682.5818 or email SaveLives@weymouthclub.com

LGT 2016/17

Full Course Dates

2016 November 18-21
December 9-12

**December 28-30 (school vac course)

2017 January 20-23
Feb 3-6

**February 22-24 (school vac course)
*February 5, 12, 19 (Sunday only course)

*March 5, 12, 19 (Sunday only course)
March 10-13
April 7-10

**April 19-21 (school vac course)
May 5-8

May 19-22

June 2-5

June 23-26

July 7-10

July 21-24

August 10-14

September 22-25

October 20-23

November 17-20

December 15-18

**December 27-29 (school vac course)

LGT Class Times

Friday 5 pm-9pm

Saturday 9am-6 pm

Sunday 9am-6 pm

Monday 5pm-9 pm

Tuesday 5pm-9 pm

*= Course takes place on three

Sundays from 8 am until 5 pm

**= Course runs during three days of school vacation from 8 am until 5 pm

LGT Re-Cert 2016/17 Course

Dates

2016 September 18, 2016
October 9, 2016

November 6, 2016

November 27, 2016

December 4, 2016

December 18, 2016

2017 January 8, 2017

January 29, 2017

February 26, 2017

March 26, 2017

April 9, 2017

April 30, 2017

May 7, 2017

May 21, 2017

June 11, 2017

June 25, 2017

July 16, 2017

July 30, 2017

August 20, 2017

September 17, 2017

October 8, 2017

November 5, 2017

November 26, 2017

December 10, 2017

2018 January 7

LGT Re-Cert

Class Times

**Sundays 8am Until
Complete**



Lifeguard Re-Cert

GENERAL CLASS INFO

- Lifeguard Training, CPR/AED for the Professional Rescuer, & First Aid certifications are valid for 2 years
- This course is a review course, it will give the participants and instructor a chance to work together to go over all skills before testing
- Students will be expected to bring their own bathing suit, towel, writing utensils and comfortable change of clothes.
- Manuals are not required for this class, however, they are available in e-book format at no extra cost. Hyperlinks can be found at www.weymouthclub.com or www.redcross.org.
- Resuscitation Masks are required for this class and participants may bring their own or purchase one from us for an additional \$15.

PREREQUISITES

- Only individuals with a CURRENT Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding/First Aid/CPR/AED certificate may participate in a review course.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute, 40 seconds:
- Starting in the water, swim 20 yards. The face may be in or out of the water.
- Surface dive, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object
- Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.

REFUND POLICY

The full balance of the course must be paid to reserve your spot in the course. If the enrolled student cancels 21 or more days prior to the start date of the course a full refund may be requested. If the enrolled student cancels inside of 21 days before the start date of the course no money will be refunded and a transfer to another course within 6 months may be requested. If the enrolled student does not pass the pre course testing or the course upon completion of all sessions they will be given a 6-month grace period to take another course, and no money will be refunded. If the enrolled student transfers to a future course the 21 day policy is voided and no money will be refunded.

WAIVER

I accept full responsibility for my use (and/or my child's) of all apparatus, appliances, facility privileges, or service whatsoever, owned and operated at this club at my own risk and shall hold this club, it's shareholders, Directors, Representatives, and agents harmless from any and all loss, claim, injury, damage or liability sustained or incurred by me resulting there from. I understand that all class registrations must be prepaid.

In order to reserve your spot in a course you must fill out this form & provide full payment for the course.

Name: _____ DOB: _____

Street Address: _____

City: State: Zip: _____

Email: _____ Phone: _____

Course Requested: Date: _____ Current Cert Exp. _____

PAYMENT INFORMATION

Member: \$150

Non-Member: \$190

Register 7 days prior to course:
Member: \$175 Non-Member: \$215

Additional Items: Resuscitation Mask: \$15

Total Due: \$ _____

Payments Accepted:

Cash - _____ Check# - _____ Credit Card #: _____ Ex: _____ CVV: _____

SIGNATURE OF UNDERSTANDING

SIGNED: _____ DATE: _____

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