



WEYMOUTH CLUB

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

AMERICAN RED CROSS WATERFRONT TRAINING

2017 Course Dates

April 23, 2017

May 13, 2017 (Saturday)

May 27, 2017 (Saturday)

June 4, 2017

July 9, 2017

July 23, 2017

Class Times

Sunday

9am-3:30pm



**American
Red Cross**



GENERAL CLASS INFO

- American Red Cross Water Front Certification, valid for 2 years
- 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.

WATERFRONT

PREREQUISITES

- Candidate must have a current Lifeguard / CPR / AED / First Aid Certification
- Candidate must successfully complete the following:
 - Swim 550 yards continuously in a prone position demonstrating breath control and rhythmic breathing. Swimming on back is not allowed. Goggles are allowed.
 - Tread Water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
 - Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards using front crawl or breaststroke. The face may be in or out of the water. Swim goggles are NOT allowed.
 - Surface dive, feet or head first, to a depth of 7-10 feet to retrieve a 10lb object
 - Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and face at or near surface so they are able to get a breath. Candidates are not swim this underwater.
 - Exit the water without using a ladder or steps.
 - Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface, and swim 5 yards to the side of the pool.
 - The prerequisite testing will be completed during the first class of the session.

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.

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 and provide payment for the course.

Name: _____ DOB: _____

Street Address: _____

City: _____ State: ____ Zip: _____

Email: _____ Phone: _____

Course Requested: _____ Date: _____

PAYMENT INFORMATION

Member: \$100

Non-Member: \$150

Total Due: \$ _____

Payments Accepted:

Cash -

Checks -

Credit Card #: _____

Exp: _____ CVV: _____

Name on Card: _____

SIGNATURE OF UNDERSTANDING

SIGNED: _____ DATE: _____

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