



**WEYMOUTH
CLUB**

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



**American
Red Cross**

AMERICAN RED CROSS LIFEGUARD TRAINING CLASSES

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

2017 NOVEMBER 17-19

DECEMBER 27-29
(SCHOOL VACATION COURSE)
8am-4pm each day

2018 JANUARY 19-21
FEBRUARY 9-11

*FEBRUARY 21-23
(SCHOOL VACATION COURSE)
8am-4pm each day

MARCH 4, 11, 18
(SUNDAY ONLY COURSE)
8am-5pm each day

MARCH 16-18
APRIL 13-15

APRIL 18-20
(SCHOOL VACATION COURSE)
8am-4pm each day

MAY 4-6
MAY 18-20
JUNE 1-3
JUNE 22-24
JULY 13-15
JULY 27-29

OCTOBER 7, 14, 21
(SUNDAY ONLY COURSE)
8am-5pm each day

OCTOBER 19-21
NOVEMBER 16-18

DECEMBER 26-28
(SCHOOL VACATION COURSE)
8am-4pm Each Day

LGT Class Times

Friday 5 pm-9pm
Saturday 9am-6 pm
Sunday 9am-6 pm



GENERAL CLASS INFO

- Lifeguard Training and First Aid certification, valid for 2 years
- CPR/AED for the Professional Rescuer certification, valid for 2 years
- Materials provided: 1 Resuscitation Mask, 1 pair latex-free gloves
- Students will be expected to bring their own bathing suit, towel, writing utensils and comfortable change of clothes.
- All candidates are responsible for providing their own Lifeguard Manuals. These are available in e-book format. Hyperlinks can be found at www.weymouthclub.com and www.redcross.org.

FULL COURSE LIFEGUARD TRAINING

PREREQUISITES

- Must be 15 years old on or before the final scheduled session of this 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. Swim goggles are not allowed.
- Surface dive, feet-first or headfirst, 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.

COURSE 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: _____ Month _____ Dates _____

PAYMENT INFORMATION

Member: \$345

Non-Member: \$395

Registration fewer than 7 days prior to course:

Member: \$375

Non-Member: \$425

Total Due: \$ _____

PAYMENTS ACCEPTED:

Cash -

Check -

Credit Card #: _____

Exp: _____ CVV: _____

Name on Card: _____

SIGNATURE OF UNDERSTANDING

SIGNED: _____ DATE: _____

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