American Red Cross

LIFEGUARD

TRAINING COURSE



$375 PERSON

SUN 12/27 – 9AM-4PM
MON 12/28 – 4:30PM-6:30PM
TUE 12/29 – 3:30PM-5:30PM
WED 12/30 – 3:30PM-5:30PM
SAT 1/2 – 10:30AM-5:30PM
SUN 1/3 – 9AM-4:30PM

please register by contacting Lynn Gillespie Lappas
at lynn@kingsburyclub.com

American Red Cross Lifeguard Training

Purpose

The purpose of the American Red Cross Lifeguard Training course is to provide entry level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over.

Prerequisites

1. Must be 15 years old on or before the final scheduled session of this course.
2. 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.
3. Tread water for 2 minutes using only legs. Candidates should place hands under the armpits.
4. 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 head first, to a depth of 7-10 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 underwater. Exit the water without using ladder or steps.

REGISTRATION FORM
DECEMBER 2026 - JANUARY 2027
LIFEGUARD TRAINING COURSE

Child's Name _____ DOB _____

Parent's Name _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: ☐ Member ☐ Non-Member

Payment: ☐ House Charge ☐ Check ☐ Credit Card _____

Exp Date _____ Security Code

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Participant Signature _____ Date _____

Parent's Signature _____ Date _____