



is offering

# AMERICAN RED CROSS LIFEGUARD CERTIFICATION CLASS

**WHERE:** Northern Lehigh Swimming Pool/ Victory Park Pavilion  
Grove Street  
Slatington, Pa 18080

**WHEN:** See dates below! **New Certification: All classes are mandatory.**

<b>Wednesday, May 24<sup>th</sup> - 5-9pm</b>	Video: Recognition and Response
<b>Thursday, May 25<sup>th</sup> - 5-9pm</b>	Video: CPR/AED/FA
<b>Friday, May 26<sup>th</sup> - 5-9pm</b>	CPR/AED Skills
<b>Saturday, May 27<sup>th</sup> - 8am-1pm</b>	**pre-req test; Water skills;
<b>Sunday, May 28<sup>th</sup> - 8am-6pm</b>	Water Skills

**Recertification Day: Sunday, May 28<sup>th</sup> -8am-8pm**

**COST:**           **NEW STUDENT:** \$290.00 NL/Resident           \$315.00 Non NL/Resident  
(face mask and certification cards included)  
**RE-CERTIFICATION:** \$165.00 NL/Resident           \$215.00 Non NL/Resident

Course conducted by a Certified American Red Cross Lifeguard Instructor and Water Safety Instructor.

If successfully passed, each student will be certified in Lifeguard, First Aid and CPR/AED for the Professional Rescuer. The course is for ages 15 and up.

**Pre-Requisite skills:**

\*\*300-yard swim; must swim 100 yards front crawl, 100 yards breast stroke and 100 yards of front crawl and/or breast stroke. There is no time limit on the swim but must be done in a reasonable time. Goggles are allowed for the swim.

\*\*Must be able to tread water for 2 minutes with hands under arm pits or hands out of the water.

\*\*Must swim 20 yards swimming front crawl or breast stroke beginning in the shallow end of the pool and surface dive picking up at 10 lb object in 9 feet of water. Retrieve the object and swim 20 yards on back with both hands on object (this skill does not allow goggles to be worn and must be completed in 1 minute and 40 seconds).

**LIFEGUARD CERTIFICATION CLASS REGISTRATION FORM**

TO REGISTER: SEND the completed form below with a check made out to NL Rec to:

**Northern Lehigh Recreation  
7951 Center Street  
Emerald, PA 18080**

Questions? Email Lindsay at [nlrecauthority@gmail.com](mailto:nlrecauthority@gmail.com) or [lindsayt@northernlehighrec.org](mailto:lindsayt@northernlehighrec.org)

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**NAME:**

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I am a new student

I am a recert student

Age as of May 28, 2023 \_\_\_\_\_

Birth date: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Home Phone #: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

In case of emergency contact: \_\_\_\_\_ at phone #

\_\_\_\_\_

Email: \_\_\_\_\_

Medical Information: (Physical conditions, allergies to food or insects, special needs, etc.):

\_\_\_\_\_

\_\_\_\_\_

I release the Northern Lehigh Rec Authority from all claims that may result from my voluntary participation or my children(s) participation in the above program. I grant permission to an Emergency Medical Technician (EMT), physical or hospital to provide emergency medical care to aid myself and/or my child(ren) in the event of injury in conjunction with the above program.

Signature: \_\_\_\_\_ of Adult Participant or  
Parent/Guardian if participant is a minor

Date: \_\_\_\_\_