



LIFEGUARDING SPRING 2017

Campus Recreation will be offering the American Red Cross Certified Lifeguarding Today course. This American Red Cross course covers the skills and knowledge required for effective lifeguarding at swimming pools. Upon successful completion, students will receive Lifeguarding Today/First Aid Certification, Standard First Aid & CPR for the Professional Rescuer Certification.

Pre-requisite: A pre-test will be conducted during the first session to determine continued participation. Participants must be 15 years of age or older and in good physical condition.

Day/Times: Mondays 6pm—9pm; March 20, 27, April 3, 10, 17, 24 May 1, May 8

Instructor: Cheryl Cote - Certified Red Cross Instructor

First Aid and CPR Certification is INCLUDED in Course!

Cost: \$160 — Assumption College Student
\$225 — Community Member

Limit: 10 participants

Registration Form

Name:		Assumption P.O. Box:	
Address:			
City:		State:	Zip:
Phone:	Cell Phone:	Email: <i>@assumption.edu</i>	

REFUND POLICY

Full refunds will be available only to those who signed up for a course that is cancelled or who withdraw from a course prior to the first scheduled start date. If medical reasons are involved, please see the office staff.

WAIVER/CONSENT

I understand that Recreation Department Instructional classes, under the supervision of the Recreation Department Office at Assumption College, are designated to provide a safe workout and are taught by credible class instructors. I realize I must follow the instructions of the class instructor at all times. I understand that I must not continue in any exercise that causes me pain or discomfort. I will stop at any point I have gone beyond my capabilities according to my current physical condition and fitness level. It is my responsibility to inform the instructor of any pre-existing injuries or any injury that occurs during the class.

DISCLAIMER

I release Assumption College, its officers, trustees, employees, instructors and agents from any and all liability should an physical injury occur through participation in the Recreation Department's Instructional classes.

I have read and understand the above:

Signature: _____ Date: _____

For Office Use Only		
Fee:	Staff:	Date:

Recreation Office, ext. 7072

