

Lifeguard Certification 2025

A Lifeguard Training course from **The American Red Cross** will be taught at Tall Pines Day Camp. This core course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. The course includes certification in First Aid, CPR & Lifeguard and is valid for 2 years.

Prerequisites: Minimum age 15 by course completion. Swim 300 yards continuously using front crawl and breaststroke. A timed surface dive with 10 lb. brick and 20-yard swim while carrying the brick. Failing the pre-test disqualifies you from the course.

Necessities: Come dressed and ready to swim for each class. Bring a sweatshirt for when you come out of the water. **Attendance is required on all days and times listed below.** If you miss, leave early, or come late you will not be eligible for certification and will not receive a refund.

All materials will be distributed before class. **There is an online component, and ALL videos must be watched before class.** Please bring bag lunch on Saturday & Sunday.

NO REFUNDS AFTER the May 10, 2025 registration deadline.

Dates/Times: Saturday, May 31 – 1:00 – 5:00PM and Sunday, June 1 – 9:00AM – 1:00PM

You must attend all dates. If you have any problems or questions, please direct all questions to Lori West at: wuzashore@live.com or call her cell#: 856-237-5543.

Location: Please report directly to pool at camp. If it is raining, please report to the Music Room.

Fee: \$300.00 - **VENMO** to Lori West - **@Lori-West-38** or
mail check to: **207 Stephanie Court Franklinville NJ 08322**

Recertification: If you need recertification in either CPR or Lifeguard Training & First Aid, you may come to the course on the following day(s):

CPR Only – contact Lori West for info. wuzashore@live.com or call her cell#: 856-237-5543

CPR, Lifeguard Training & First Aid – **Saturday, May 31 – 12:00 – 2:00PM**

Both certifications are valid for 2 years. Must bring a pocket mask and CPR or Lifeguarding Manual.

.....**Email or text this portion to Lori West**.....

Yes, please enroll me for the Lifeguard Training Course! Please **VENMO** or **MAIL** payment to Lori to guarantee your place. Return completed flyer via text (856) 237-5543 or scan & email wuzashore@live.com by **May 5, 2024**. There is a \$10.00 fee for late enrollment.

Please check all that apply.

_____ Lifeguard Training, First Aid and CPR \$300.00
_____ Recertification Only – CPR, Lifeguard Training, First Aid & AED \$175.00

Name _____ Age _____ Phone _____

Address _____ City/State/Zip Code _____

Email _____ Cell# _____