

Lifeguard Training 2010

A Lifeguard Training course from The **Red Cross** will be taught at Tall Pines Day Camp. This core course will teach you the skills and knowledge needed to prevent and respond to aquatic emergencies. The course includes certification in First Aid, CPR and Lifeguard Training.

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

Junior Counselors: Reminder: All Junior Counselors that are not Lifeguards receive a **\$150 Reimbursement** at the end of the season if they have Lifeguard Certification. If it is kept up to date during all of your years as a JC you will continue to receive the bonus. Reimbursement is payable at the end of the season and you must make it through the 8 week season. It also gives you an opportunity to work picnics and earn **\$50.00 per day!**

Necessities: Must 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 available prior to class. We will contact you to pick up books. Please bring bagged dinner to class each day.

Dates/Times: Tuesday June 1 through Friday, June 4 from 5:00 p.m. to 9:00 p.m.
Saturday, June 5th from 9:00AM to 6:00PM. Sunday, June 6th from 9:00AM to 1:00PM

You must attend all dates. If you have any problems or questions please direct all questions to Lori Colanzi at: wuzashore@verizon.net or call her cell# 856-404-4586.

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

Fee: \$255.00 - Make checks payable to Lori Colanzi.

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

CPR Only - Sunday, June 6th from 2 PM to 4PM
CPR Lifeguard Training & First Aid - Tuesday, June 1st from 5PM to 9PM

All Ellis certified lifeguards wishing to challenge for American Red Cross Certifications must receive materials and prepare for program changes before entering the ARC course for CPR/Lifeguard Training & First Aid! There are significant differences between the programs. If you do not feel comfortable challenging for ARC certification, we suggest taking the full American Red Cross course.

Must bring pocket mask and CPR or Lifeguarding Manual

Tear off and return

Yes, please enroll me for the Lifeguard Training Course!

Please enclose payment to guarantee your place. Make Checks payable to "Lori Colanzi." Return enrollment form and your check by **May 15, 2010**. There will be a \$10.00 fee for late enrollment.

Mail to: Lori Colanzi 207 Stephanie Court, Franklinville, NJ 08322.

Please check all that apply.

_____ Lifeguard Training, First Aid and CPR (3yrs)	\$255.00
_____ Recertification Only - CPR (1 yr)	\$ 35.00 (no new materials included)
_____ Recertification Only – CPR Lifeguard Training & First Aid	\$150.00

Name _____ Age _____ Phone _____

Address _____ City/State/Zip Code _____