



American Red Cross Blended Lifeguarding Course:  
Sunday, May 12 & Sunday, May 19 @ 8:00am-7:00pm

Questions? [koachkaleb@gmail.com](mailto:koachkaleb@gmail.com) | 925-819-1119

**Course Prerequisites:**

- Must be at least 15 years old on or before the final scheduled session of the Lifeguarding course.
- Completion of the Red-Cross Lifeguard Training Online Education Course. (Training Link emailed to participant after registration.)
- Successfully complete the two prerequisite swimming skills evaluations:

<p><b>Evaluation 1:</b> Complete a swim-tread-swim sequence without stopping to rest:</p> <ul style="list-style-type: none"><li>• Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)</li><li>• Maintain position at the surface of the water for 2 minutes by treading water using only the legs</li><li>• Swim 50 yards using the front crawl, breaststroke or a combination of both</li></ul>	<p><b>Evaluation 2:</b> Complete a timed event within 1 minute, 40 seconds:</p> <ul style="list-style-type: none"><li>• Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).</li><li>• Submerge to a depth of 7 - 10 feet to retrieve a 10-pound object.</li><li>• Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.</li><li>• Exit the water without using a ladder or steps.</li></ul>
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Participant Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Participant Phone: \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Release: I, the undersigned, parent or guardian of \_\_\_\_\_ a minor hereby release Ladera Rec and all of its agents from any liability or injury to my child that might result from any accident during the participation and instruction of the Lifeguard Training offered at Ladera Rec.

Parent/Guardian Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Please select:	LG Certification:	Re-Certification: Attends 2 <sup>nd</sup> Day Only. Cert <u>must</u> be valid or expired within 30days.
Member Rate:	\$375 <input type="checkbox"/>	\$175 <input type="checkbox"/>
Non-Member Rate:	\$400 <input type="checkbox"/>	\$200 <input type="checkbox"/>

**Spaces are limited!** Submit this form to [assistantmanager@laderarec.org](mailto:assistantmanager@laderarec.org) to secure your space.

Proof of Online Completion and course payment **must** be brought on 1<sup>st</sup> Day of Training

Please make checks payable to Kaleb Hum. Venmo and cash also accepted.

Participants will be turned away without a form of payment.

