

LIFEGUARDING CERTIFICATION & RECERTIFICATION COURSES WITH CPR/AED AND FIRST AID TRAINING

Program location:

Jewish Community Center and Allderdice High School

Lifeguard Certification Program Dates

April 1, Tuesday - 4 to 8pm Allderdice High School

April 4, Friday - 4 to 8pm Jewish Community Center

April 5, Saturday - 9 to 5pm Jewish Community Center

April 6, Sunday - 9 to 5pm Jewish Community Center

April 7, Monday - 4 to 8pm Allderdice High School

Fees: \$250.00 Lifeguarding \$150.00 Recertification only

LIFEGUARDING INCLUDES: Book, pocket mask used for CPR and rescue breathing, Bandage kit, certification cards (lifeguarding and first-Aid certifications are good for 2 years) * If requirements are not met the first night a refund will be given.

Qualifications/Requirements:

- Applicant must be a least 15 years old (proof of age required)
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs (hands under the armpits)
- Applicant must be able to complete the deep water brick test in 1 minute 40 seconds (jump/dive into the deep end of the pool to retrieve a weighted brick and carry/swim on back 20 yards, put brick on deck and exit the water without using a ladder).

Pre-registration is required/space is limited. Payment due on or before March 20, 2014 Mail form with payment to: Al Rose. 305 Sharon Drive Pittsburgh, PA 15221

Name of Applicant _____ email address _____

Mail address _____ Zip _____

Telephone Number _____ Lifeguarding Recertification only

Payment Enclosed check number _____ payable to Al Rose

Questions call Al Rose 412-906-2583 or email: allangrose@msn.com