

*Saucon Valley Recreational Swim Membership*  
**American Red Cross**  
**HEALTH & SAFETY TRAINING**

## **LIFEGUARD REVIEW**

LifeGuard Course– release 2017 including First Aid, Professional CPR & AED certifications being offered at the Saucon Valley High School pool & audion.

**Course Date: Saturday 8:00am – 5:00pm** May 18 (bring lunch)  
(hours reflect course hour minimums – depending on student abilities class may end early or run late)  
**Class limited to Red Cross student / instructor ratios.**

**Course pre-requisites:** Prerequisites for the course will be done.

- **Verification of current LifeGuard Certification required – please mail copy with registration.**
- **300 yards Swim:** 300 yard Freestyle & Breast stroke demonstrating rhythmic breathing
- **Timed Event:** Swim 20 yards **Submerge to a minimum depth of 7 feet, retrieve a 10 pound object** and return to the surface, swim back legs only to starting point holding object with hands, exit the water (1:40)
- **Tread Water:** 2 minutes, legs only

**You are responsible for your own rescue masks, gloves and fanny pack.**

**Cost of Course: \$100** *REQUIRED UPON REGISTRATION*

Make checks payable to: Heidi Weddigen-Weikert

**Questions?** 610-838-0901

**REGISTRATION REQUIRED**  
**REGISTRATION WILL CLOSE ON May 4, 2019**

mail to: LifeGuard Review, 534 Magnolia Road, Hellertown, PA 18055

---

**LifeGuard Review - Registration Form**

*PLEASE PRINT – THANK-YOU*

**Student's Name:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_

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

**City/State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Student Phone:** \_\_\_\_\_ **Student E-mail:** \_\_\_\_\_

---

**SVRSP Use Only:** \_\_\_\_\_ **Date Received:** \_\_\_\_\_

**Fee Paid:** \_\_\_\_\_ **Type of Payment:** cash OR check# \_\_\_\_\_ **Student No.:** LGR-19 - \_\_\_\_\_