

Recertification Classes

Just need to update your certifications? We offer several options for recertifying in both Lifeguarding and CPR/AED. These courses are run in the challenge format, so participants must be familiar with the material. Please bring a copy of your certification and your pocketmask. If your certification has been expired for more than 12 months, you must enroll in the full course. Please register one week in advance.

CPR/AED for Lifeguards		\$30/\$45
660302-M1	March 20	10am-1:30am
660302-N1	April 25	Noon-3:30pm
660302-P1	May 12	Noon-3:30pm
660302-P2	May 15	10am-1:30pm
660302-P3	May 16	Noon-3:30pm
Lifeguarding		\$60/\$75
<i>(includes LGT/FA and CPR/AED for Lifeguards)</i>		
660301-M1	March 20	10:00am-5pm
660301-N1	April 25	Noon-7pm
660301-P1	May 12	Noon-7pm
660301-P2	May 15	10:00am-5pm
660301-P3	May 16	Noon-7pm



CPR/AED certification is an important component of a lifeguard's training.

Ames Parks and Recreation

515 Clark Ave
Ames, IA 50010
Phone: 515-239-5350
Fax: 555-239-5355
www.amesparkrec.org



Caring People.
Quality Programs.
Exceptional Service.



American Red Cross

Lifeguard Training Courses

2010



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Why Lifeguarding?

Red Cross Lifeguard Training will teach you:

- Skills and knowledge to prevent and respond to aquatic emergencies
- CPR for the Professional Rescuer
- First Aid



Be a part of a lifeguarding team. Classes fill quickly, so sign up today!

If you are 15 or older and looking for a great summer job or challenging career that's in demand, American Red Cross Lifeguard Training is the best place to start.

Lifeguarding is a great way to build your leadership and teamwork skills.

If you are responsible, dedicated, and a looking for a rewarding job, start your journey by signing up now.

You could save a life!

Prerequisite Information

American Red Cross Lifeguard Training participants must successfully complete prerequisite skills before being participating in the course. Participants unable to complete these skills will not be allowed to continue in the course and a refund of class registration will be given. Prerequisite skills are listed below.

- 15 years old or older by last day of the class.
- 300 yard continuous swim consisting of breaststroke and freestyle.
- Retrieve a 10 pound object from deep water, surface, and swim 20 yards while holding object with 2 hands. This is a timed event.

Class Dates and Times

Participants must attend all classes in order to complete the course. Please choose a course which works with your schedule.

Successful completion of this course will result in certification in Lifeguard Training, First Aid, and CPR/AED for Lifeguards.

Lifeguard Training Full Course \$125/\$140

Class fee includes books and materials.

760300-L1	Feb 20-28	Sat/Sun	8am-3:30pm
660300-M1	March 15-18	Mon-Thur	Noon-8pm
660300-M2	March 19-21	Fri-Sun	8am-6:30pm
660300-M3	March 26-28	Fri-Sun	8am-9:30pm
660300-N1	April 9-11	Fri-Sun	8am-9:30pm
660300-N2	April 17-May 8	Sat	1pm-9pm
660300-C1	July 5-16	Mon-Fri	9am-Noon

*Class on March 26 will begin at 5:00pm

**Class on April 9 will begin at 5:00pm



Lifeguard Training Registration

Full Courses	Register by	Fee (Res/NonRes)
<input type="checkbox"/> 610300-L1 LGT	February 13	\$125/\$140
<input type="checkbox"/> 660300-M1 LGT	March 8	\$125/\$140
<input type="checkbox"/> 660300-M2 LGT	March 12	\$125/\$140
<input type="checkbox"/> 660300-M3 LGT	March 19	\$125/\$140
<input type="checkbox"/> 660300-N1 LGT	April 2	\$125/\$140

Recertifications

<input type="checkbox"/> 660301-M1 LGT	Recert March 20	\$60/\$75
<input type="checkbox"/> 660301-N1 LGT	Recert April 25	\$60/\$75
<input type="checkbox"/> 660301-P1 LGT	Recert May 12	\$60/\$75
<input type="checkbox"/> 660301-P2 LGT	Recert May 15	\$60/\$75
<input type="checkbox"/> 660301-P3 LGT	Recert May 16	\$60/\$75
<input type="checkbox"/> 660302-M1 CPR/AED	Recert Mar 20	\$30/\$45
<input type="checkbox"/> 660302-N1 CPR/AED	Recert Apr 25	\$30/\$45
<input type="checkbox"/> 660302-P1 CPR/AED	Recert May 12	\$30/\$45
<input type="checkbox"/> 660302-P2 CPR/AED	Recert May 15	\$30/\$45
<input type="checkbox"/> 660302-P3 CPR/AED	Recert May 16	\$30/\$45

Participant's Name _____ Birthdate _____

Parent's Name (if participant is under 18) _____

Address _____

Email Address _____

Phone _____

Method of Payment

- Check MasterCard
- Visa Discover

Credit Card # _____ Exp. date _____

Signature _____

5 easy ways to register for lifeguarding programs!

1 Mail!

Ames Parks and Recreation
515 Clark Ave
Ames, IA 50010

2 Fax!

515-239-5355

3 Online!

www.amesparkrec.org

4 Walk In!

Community Center
515 Clark Avenue

5 Call!

Call Carissa at 515-239-5361