

**LIFEGUARDING CLASS
FRIENDS SELECT SCHOOL
SPRING 2010**

Instructor: Rae Asbridge

Phone: 215-561-5900 x 126
E-mail: raea@friends-select.org

Fee: \$185.00 (Lifeguarding, CPR/PR, AED, First Aid)
(Make check payable to Friends Select School.)

Dates/Time: Saturday – April 17 9:30 a.m. – 3:30 p.m.
Sunday – April 18 9:30 a.m. – 3:30 p.m.
Saturday – April 24 9:30 a.m. – 3:30 p.m.
Sunday – April 25 9:30 a.m. – 3:30 p.m.
(Pre-testing required before April 17th)

Class size is limited to 12 students. Attendance is required at **ALL** sessions. If you can not attend the entire course, please do not register. No exceptions.

Prerequisites: - Must be 15 years of age before April 25

- Swim 300 yards (12 lengths) continuously using these strokes in the following order: 100 yards freestyle, 100 yards breaststroke, 100 yards freestyle or breaststroke (no time requirement)

- Swim 20 yards using freestyle or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with the object and exit water without using a ladder or steps, within 1 minute, 40 seconds

Certificate Issued and Validity Period:

Lifeguarding/First Aid: 3 years
CPR/AED for the Professional Rescuer: 1 year

Registration deadline: April 9, 2010

Please contact Tr. Rae to register or for more information about the class.