

# LIFEGUARDING CLASS

Date for water test and start of first lesson: Tuesday 2/28/2023  
from 5:00 – 8:00 pm approx.

## Requirements:

1. Be at least 15 years of age by the last day of the course attended
2. Attend all training sessions
3. Successfully complete a pre-course screening session which includes the following:
  - o Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
  - o Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
  - o Complete a timed event within 1 minute and 40 seconds, which consists of the following:
    - i. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
    - ii. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
    - iii. Return to the surface and swim 20 yards on the back, returning to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
    - iv. Exit the water without using a ladder or steps. This is timed.
4. Perform all required skills with 100% accuracy.
5. Pass a written test with a score of at least 80%.

Dates of the remaining classes, every Tuesday night:  
3/7 through 5/9/2023

Classes will run from 5:00 – 8:30 pm

\*No class April 4, due to Spring Break\*

Cost: \$200.00

Please make check payable to Fraser Public Schools.

You are responsible for getting your own book prior to the first class, either by purchasing it through the American Red Cross website, or downloading it to your computer or iPad free of charge. **YOU MUST HAVE A COMPUTER OR IPAD AVAILABLE AT EVERY CLASS.** Class content available online is not compatible with phones.

**PLEASE CONTACT THE FRASER POOL FOR  
MORE INFORMATION AT: 586-439-7259**

Or feel free to email us at [fraseraquatics@gmail.com](mailto:fraseraquatics@gmail.com)

# FRASER SWIM PROGRAM REGISTRATION FORM

Please make checks payable to **FRASER PUBLIC SCHOOLS**

MAIL TO: Fraser Public School  
Attn: Swim Registration  
34270 Garfield, Fraser, MI 48026-1898

Parent's Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Student 1: \_\_\_\_\_ DOB: \_\_\_\_\_ Class: LG Day: T Cost: \$200

Student's Email: \_\_\_\_\_

Student 2: \_\_\_\_\_ DOB: \_\_\_\_\_ Class: LG Day: T Cost: \$200

Student's Email: \_\_\_\_\_

REGISTRATION FEES ARE NON-REFUNDABLE—Credit based

Office Use Only:

Cash \_\_\_\_\_ Check \_\_\_\_\_