

Jewish Community Center of Greater Columbus  
**2019 LIFEGUARD TRAINING**



*Class Participants (5 min / 20 max)*

Class participation and attendance is required and will meet at the JCC Pool at the following dates and times:

|                             |                                      |
|-----------------------------|--------------------------------------|
| <b>Friday, May 3rd:</b>     | <b>4:00pm – 6:00pm</b>               |
| <b>Sunday, May 5th:</b>     | <b>10:00am - 7:00pm</b>              |
| <b>Wednesday, May 8th:</b>  | <b>4:30pm - 9:00pm</b>               |
| <b>Wednesday, May 15th:</b> | <b>4:30pm - 9:00pm</b>               |
| <b>Sunday, May 19th:</b>    | <b>10:00am - 7:00pm (Final Exam)</b> |

REQUIREMENTS, AND REFUND POLICY

**Refund Policy:** Cancellation must be requested by calling or emailing JCC Aquatics 5 days prior to class start date for refund of fees paid minus a \$10 administration fee. *No refunds will be processed after this time.*

**Prerequisite Test:**

To be eligible to participate in the Lifeguarding Course, each participant will be confirmed or tested on the following prerequisite items the first day of class:

1. Be the minimum age of 15 years by the final day of class (proof of age must be brought to the first class).
2. Swim 300 yards continuously, using these strokes in the following order:  
-Each participant must show only that he or she can swim the entire 300 yards using either Freestyle or Breaststroke without stopping (goggles may be used).
3. Starting in the water, swim 20 yards using front crawl or breaststroke, surface-dive to a depth of 11 feet, retrieve a 10-pound object, and return to the starting point with the object and exit the water without using a ladder or steps. This specific test must be completed in its entirety within in 1 minute and 40 seconds. When returning to the start, each participant must be able to hold the 10-pound object with two hands, placing it on their chest, and keeping their face above water. Each participant must exit the water using his or her own strength (no goggles).
4. Tread water using only the legs for two minutes.

Participants must pass the entire prerequisite test in order to continue the course. *Failure to pass the prerequisite test results in forfeiture of class fees.* Participation in this class does not guarantee American Red Cross certification. The class will adhere to American Red Cross guidelines for the certification of professional lifeguards, and these guidelines will be strictly followed.

**Certification Requirements:**

To receive an American Red Cross Lifeguard certification all participants must:

1. Pass all course prerequisites
2. Attend all class sessions in their entirety
3. Demonstrate competency in all required skills and activities
4. Demonstrate competency in the three final skill scenarios
5. Correctly answer 80% of the questions in the two sections of the final written exam.

Failure to meet the course prerequisites, attend all classes in their entirety, demonstrate competency in skills, or failure of the written test **will result in forfeiture of class fees and certification will not be granted.** If you have any questions prior to class, please contact Jeff Rosenbloom, Aquatics Director, 614-559-6213 ([jrosenbloom@columbusjcc.org](mailto:jrosenbloom@columbusjcc.org)).

**COST: \$250.00 members/\$275 non members**

Name: \_\_\_\_\_ Contact Numbers: \_\_\_\_\_ (H) \_\_\_\_\_ (C)

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

Email: \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_ for the activity listed **or** charge my Credit Card

Credit card number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Amount: \_\_\_\_\_ CVV2: \_\_\_\_\_

Signature: \_\_\_\_\_



**The Jewish Community Center  
of Greater Columbus**

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614.231.2731 / [www.columbusjcc.org](http://www.columbusjcc.org)