



# 2020 Lifeguarding



Do you need a summer job and/or want to work a few hours during the school year? By successfully completing the lifeguarding course you will be eligible to be a lifeguard at the Recreation Center indoor and/or outdoor pools! The lifeguarding course includes First Aide and CPR training. Students need to bring suit and towel each day. There will be a lunch break each day. **There will be a 10 student maximum and 5 student minimum for this class.** March 16—March 18.

**March 16** (will meet from 4:30-8:00pm);  
**Members \$130; Non Members \$140**

**March 17 & March 18** (will meet from 9am—5pm)

**FEE MUST BE PAID BEFORE THE START OF THE FIRST CLASS!**

## **Pre-requisites for Lifeguarding**

1.) Be at least 15 years of age on May 26, 2020

2.) Swim 300 yards (6 lengths in our pool) continuously, using the strokes in the following order:

- 100 yards of front crawl using rhythmic breathing (performed either by breathing to side or front) and a stabilizing, propellant kick
- 100 yards of breaststroke
- The last 100 yards may be a mix: front crawl/breast stroke

**\*\*\*If you are unable to meet these pre-requisites, NO REFUNDS WILL BE GIVEN.**



# 2020 Lifeguarding

Return to: Burlington Recreation Center



**WHEN:** March 16—18 **FEE:** \$130 Member; \$140 Non Member **FEE MUST BE PAID BEFORE THE START OF THE FIRST CLASS!**

Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_ Bdate: \_\_\_\_\_ Cell # \_\_\_\_\_

Parent Name: \_\_\_\_\_ **Email:** \_\_\_\_\_

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

## **CONSENT TO PARTICIPATE**

We, the undersigned, do hereby acknowledge that we are aware that in all sports there is the potential for injury. Some accidents could conceivably result in injuries that are very serious and/or life threatening. We further acknowledge that the participant listed above is physically able to participate in this sport. The USD 244 Recreation Commission and its employees are not responsible for accidents and injury that might occur as a direct or indirect result of participation in this program.

PLEASE LIST ANY MEDICAL CONDITIONS or write NONE \_\_\_\_\_

\_\_\_\_\_  
 SIGNATURE OF PARENT/GUARDIAN/PARTICIPANTS

\_\_\_\_\_  
 DATE

## **REGISTRATION INFORMATION AND POLICIES:**

1. Registration form must be completely filled out and accompanied by **full** payment of fees. Participants WILL NOT be registered until **both** the registration form and fees are received.
2. Any registration forms received after the deadline will be assessed a **\$5 late fee.**
3. When cancelling out of an activity already paid and registered for, patrons must find someone to fill the spot they are cancelling out of. Upon finding a replacement, a refund of the activity fee minus a \$5 BRC cancellation fee will be applied. If the spot is unable to be filled, no money will be refunded.
4. BRC will take payment by cash, check, or credit card (not Discover). Make checks payable to BRC and return form and fees to:

**Return forms to Burlington Recreation Center, 1110 Shea Street, Burlington, KS 66839**

**Questions? Call 620-364-8484 or visit our webpage @ [www.burlingtonrec.com](http://www.burlingtonrec.com)**

Office use only:

Amt Pd \_\_\_\_\_ Date \_\_\_\_\_ Receipt # \_\_\_\_\_ Initials \_\_\_\_\_