

LIFEGUARDING CLASSES

CLASS INCLUDES:

- Lifeguard Certification
- Water Park Certification
- First Aid & CPR / AED for Professional Rescuer or Health Care Provider
- Certification Valid for 2 Years

- Free Electronic copy of Lifeguard Manual & Powerpoint Presentation. *Please bring a USB/external hard drive if you would like a personal copy.*
 - Bring some form of electronic device in order to view/download materials throughout class (i.e. laptop, iPad, Kindle Fire, etc., to access electronic materials during class).
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|-----------|--------------------|-------------|
| Session 1 | Dates: April 15-17 | Cost: \$200 |
| Session 2 | Dates: April 22-24 | Cost: \$200 |
| Session 3 | Dates: May 6-8 | Cost: \$200 |
| Session 4 | Dates: May 20-22 | Cost: \$200 |
| Session 5 | Dates: June 10-12 | Cost: \$200 |

Class Schedule	day	time	location
	Friday	5:00 pm - 9:00 pm	Choice Health & Fitness
	Saturday	8:00 am - 7:00 pm	Choice Health & Fitness
	Sunday	8:00 am - 5:00 pm	Choice Health & Fitness and UND Hyslop Pool

RE-CERTIFICATION CLASSES

LIFEGUARD RE-CERTIFICATION

Session 1	Sunday, April 17	Cost: \$75
Session 2	Sunday, April 24	Cost: \$75
Session 3	Sunday, May 8	Cost: \$75
Session 4	Sunday, May 22	Cost: \$75
Session 5	Sunday, June 12	Cost: \$75

FIRST AID & CPR / AED RE-CERTIFICATION

Session 1	Friday, April 15	Cost: \$75
Session 2	Friday, April 22	Cost: \$75
Session 3	Friday, May 6	Cost: \$75
Session 4	Friday, May 20	Cost: \$75
Session 5	Friday, June 10	Cost: \$75

day/time	location	day/time	location
Sunday 1:00 pm - 5:00 pm	UND Hyslop Pool	Friday 5:00 pm - 9:00 pm	Choice H&F

CHOICE LIFEGUARDING CLASS REGISTRATION FORM

Name: _____ Phone: _____
 Address: _____ City/St/Zip: _____
 Email: _____ Emergency Contact Name & Phone: _____

APPLICANTS MUST ALSO FILL OUT A HEALTH STATEMENT FORM (Forms can be found online at choicehf.com or can be picked up in person at Choice Health & Fitness - located at 4401 S. 11th St., Grand Forks, ND.)

MARK THE SESSION IN WHICH YOU WISH TO PARTICIPATE:

LIFEGUARDING CLASSES

- Session 1 (April 15 - 17) - \$200
- Session 2 (April 22 - 24) - \$200
- Session 3 (May 6 - 8) - \$200
- Session 4 (May 20 - 22) - \$200
- Session 5 (June 10 - 12) - \$200

LIFEGUARD RE-CERTIFICATION

- Session 1 (Sunday, April 17) - \$75
- Session 2 (Sunday, April 24) - \$75
- Session 3 (Sunday, May 8) - \$75
- Session 4 (Sunday, May 22) - \$75
- Session 5 (Sunday, June 12) - \$75

FIRSTAID & CPR/AED RE-CERTIFICATION

- Session 1 (Friday, April 15) - \$75
- Session 2 (Friday, April 22) - \$75
- Session 3 (Friday, May 6) - \$75
- Session 4 (Friday, May 20) - \$75
- Session 5 (Friday, June 10) - \$75

CHOICE **LIFEGUARDING** **C L A S S E S**

Choice lifeguarding classes are designed to train/provide you with the skills and knowledge needed to prevent and respond to aquatic emergencies. Participants will receive CPR/AED, First Aid and Water Park Certifications. (Minimum age of 15 years)

Lifeguard Certification

Water Park Certification

**First Aid & CPR/AED
For Professional Rescuer or
Health Care Provider**

Certification Valid for 2 Years

**Free Electronic Lifeguard
Manual & Powerpoint
Presentation Available.**

*Please bring your own USB or External Hard Drive
to classes if you would like a personal copy.*