

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).

CLASS COST: \$200

SESSION 1

Dates: April 13-15

Location:

Choice Health & Fitness
UND Hyslop Pool

Class Schedule:

FRI 4:30pm - 9pm at CHF
SAT 8am - 7pm at UND
SUN 8am - 12pm at CHF
1pm - 5pm at UND

SESSION 2

Dates: May 4-6

Location:

Choice Health & Fitness
UND Hyslop Pool

Class Schedule:

FRI 4:30pm - 9pm at CHF
SAT 8am - 7pm at CHF
SUN 8am - 2pm at CHF
1pm - 5pm at UND

SESSION 3

Dates: May 18-20

Location:

Choice Health & Fitness
UND Hyslop Pool

Class Schedule:

FRI 4:30pm - 9pm at CHF
SAT 8am - 7pm at CHF
SUN 8am - 12pm at CHF
1pm - 5pm at UND

SESSION 4

Dates: June 8-10

Location:

Choice Health & Fitness
UND Hyslop Pool

Class Schedule:

FRI 4:30pm - 9pm at CHF
SAT 8am - 7pm at UND
SUN 8am - 12pm at CHF
1pm - 5pm at UND

RE-CERTIFICATION CLASSES*

LIFEGUARDING & FIRST AID/CPR/AED RE-CERTIFICATION (Enrollment will end one week prior to class)

Dates (*Sign up for one date*)

April 15, May 6, 20, June 10

Day

Sunday

Time

8:00 am - 5:00 pm

Cost

\$100

Location

Choice Health & Fitness

(*) Participant must complete an online training and print the completion certificate prior to attending the recertification class.

Payment and a valid email account must be provided at least one week prior to class and a link to the training will be sent to you.

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 WOULD LIKE TO PARTICIPATE:

LIFEGUARDING CLASSES

- ___ Session 1 (April 13-15) - \$200
___ Session 2 (May 4-6) - \$200
___ Session 3 (May 18-20) - \$200
___ Session 4 (June 8-10) - \$200

LIFEGUARD FIRSTAID & CPR/AED RE-CERTIFICATION

- ___ Sunday, April 15 - \$100
___ Sunday, May 6 - \$100
___ Sunday, May 20 - \$100
___ Sunday, June 10 - \$100

CHOICE **LIFEGUARDING** **CLASSES**

Choice Health & Fitness lifeguarding classes are designed to train and provide you with the skills and knowledge needed to prevent and respond to aquatic emergencies. Participants will receive First Aid/CPR/AED, 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.***