

LIFEGUARDING CLASSES

CLASS INCLUDES:

- Lifeguard Certification
- First Aid & CPR/AED for Professional Rescuer or Health Care Provider
- Certification Valid for 2 Years
- Free Electronic copy of Lifeguard Manual & Power point 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: March 22-24

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: April 12-14

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 3-5

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: May 17-19

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 5

Dates: June 7-9

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)	Day	Time	Cost	Location
March 24, April 14, May 5, 19, June 9	Sunday	8:00 am - 5:00 pm	\$100	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 (March 22-24) - \$200
- Session 2 (April 12-14) - \$200
- Session 3 (May 3-5) - \$200
- Session 4 (May 17-19) - \$200
- Session 4 (June 7-9) - \$200

LIFEGUARD FIRSTAID & CPR/AED RE-CERTIFICATION

- Sunday, March 24 - \$100
- Sunday, April 14 - \$100
- Sunday, May 5 - \$100
- Sunday, May 19 - \$100
- Sunday, June 9 - \$100

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

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. (Minimum age of 15 years)

Lifeguard Certification

Lifeguard Re-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.***