

LIFEGUARDING CLASSES

CLASS INCLUDES:

- Lifeguard Certification
- First Aid & CPR/AED for Professional Rescuer or Health Care Provider
- Certification Valid for 2yrs.

CLASS COST: \$250

SESSION 1

Dates: May 2, 3, 4

Location:
Choice Health & Fitness
YMCA

Class Schedule:
FRI 4:30pm - 9pm at CHF
SAT 8am - 8pm at CHF
SUN 7am - 1:30 pm at YMCA

SESSION 2

Dates: May 16, 17, 18

Location:
Choice Health & Fitness
YMCA

Class Schedule:
FRI 4:30pm - 9pm at CHF
SAT 8am - 8pm at CHF
SUN 7am - 1:30 pm at YMCA

SESSION 3

Dates: June 6, 7, 8

Location:
Choice Health & Fitness
Riverside Pool

Class Schedule:
FRI 4:30pm - 9pm at CHF
SAT 8am - 7pm at CHF
SUN 8am - 12pm at CHF
1pm - 5pm at R.S.

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
May 4	Sunday	7:00 am - 5:00 pm	\$125	YMCA /Choice Health & Fitness
May 18	Sunday	7:00 am - 5:00 pm	\$125	YMCA/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 (May 2, 3, 4) - \$250
☐ Session 2 (May 16, 17, 18) - \$250
☐ Session 3 (June 6, 7, 8) - \$250

LIFEGUARD FIRSTAID & CPR/AED RE-CERTIFICATION

- ☐ Sunday, May 4 - \$125
☐ Sunday, May 18 - \$125

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. (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.***