

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 I

Dates: May 1, 2, 3

Location:
Choice Health & Fitness
Central HS Pool

Class Schedule:
FRI 4:30pm - 9pm at CHF
SAT 8am - 8pm at CHF
SUN 8am-12pm at CHF
1pm-6pm at Central HS Pool

SESSION 2

Dates: May 15, 16, 17

Location:
Choice Health & Fitness
Central HS Pool

Class Schedule:
FRI 4:30pm - 9pm at CHF
SAT 8am - 8pm at CHF
SUN 8am-12pm at CHF
1pm-6pm at Central HS Pool

SESSION 3

Dates: June 5, 7, 8

Location:
Choice Health & Fitness
Central HS Pool

Class Schedule:
FRI 4:30pm - 9pm at CHF
SAT 8am - 8pm at CHF
SUN 8am-12pm at CHF
1pm-6pm at Central HS Pool

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
April 26	Sunday	8:00 am - 5:00 pm	\$125	Central HS Pool/Choice Health & Fitness
May 17	Sunday	8:00 am - 5:00 pm	\$125	Central HS Pool/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 1, 2, 3) - \$250
 Session 2 (May 15, 16, 17) - \$250
 Session 3 (June 5, 6, 7) - \$250

LIFEGUARD FIRSTAID & CPR/AED RE-CERTIFICATION

- Sunday, April 26 - \$125
 Sunday, May 17 - \$125

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.***