

## 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:** April 16, 17, 18

**Location:**

Choice Health & Fitness  
UND Hyslop Pool

**Class Schedule:**

FRI 4:30pm - 9pm at CHF  
SAT 8am - 6pm at CHF  
SUN 8am - 12pm at CHF  
1pm - 5pm at UND

#### SESSION 2

**Dates:** April 30, May 1, 2

**Location:**

Choice Health & Fitness  
UND Hyslop Pool

**Class Schedule:**

FRI 4:30pm - 9pm at CHF  
SAT 8am - 6pm at CHF  
SUN 8am - 12pm at CHF  
1pm - 5pm at UND

#### SESSION 3

**Dates:** May 14, 15, 16

**Location:**

Choice Health & Fitness  
UND Hyslop Pool

**Class Schedule:**

FRI 4:30pm - 9pm at CHF  
SAT 8am - 6pm at CHF  
SUN 8am - 12pm at CHF  
1pm - 5pm at UND

#### Session 4

**Dates:** May 21, 22, 23

**Location:**

Choice Health & Fitness  
UND Hyslop Pool

**Class Schedule:**

FRI 4:30pm-9pm @CHF  
SAT 8am - 6pm @CHF  
Sun 8am - 12pm at CHF  
1pm - 5pm at UND

#### SESSION 5

**Dates:** June 4-6

**Location:**

Choice Health & Fitness  
Riverside Pool

**Class Schedule:**

FRI 5pm - 9pm at CHF  
SAT 8am - 6pm 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
Apr. 18, May 2, 16, 23, June 6	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](http://choicehf.com) or can be picked up in person at Choice Health & Fitness - located at 4401 S. 11<sup>th</sup> St., Grand Forks, ND.)

### MARK THE SESSION IN WHICH YOU WOULD LIKE TO PARTICIPATE:

#### LIFEGUARDING CLASSES

- Session 1 (April 16, 17,18) - \$200
- Session 2 (April 30, May 1, 2) - \$200
- Session 3 (May 14, 15, 16) - \$200
- Session 4 (May 21, 22, 23) - \$200
- Session 5 (June 4, 5, 6) - \$200

#### LIFEGUARD FIRSTAID & CPR/AED RE-CERTIFICATION

- Sunday, April 18 - \$100
- Sunday, May 2 - \$100
- Sunday, May 16 - \$100
- Sunday, May 23 - \$100
- Sunday, June 6 - \$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.***