

## LIFEGUARDING CLASSES

### CLASS INCLUDES:

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

### • Pre-requisites

### CLASS COST: \$225

#### SESSION 1

**Dates:** April 22, 23, 24

#### 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:** May 6, 7, 8

#### 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 13, 14, 15

#### 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 20, 21, 22

#### 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 17, 18, 19

#### 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)**

May 8, 15, 22, June 19

**Day**

Sunday

**Time**

8:00 am - 5:00 pm

**Cost**

\$125

**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](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 22, 23, 24) - \$225  
☐ Session 2 (May 6, 7, 8) - \$225  
☐ Session 3 (May 13, 14, 15) - \$225  
☐ Session 4 (May 20, 21, 22) - \$225  
☐ Session 5 (June 17, 18, 19) - \$225

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

- ☐ Sunday, May 8 - \$125  
☐ Sunday, May 15 - \$125  
☐ Sunday, May 22 - \$125  
☐ Sunday, June 19 - \$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.***