American Red Cross Lifeguard Course

Woody Crutchfield Natatorium
Caro Community Schools Indoor Pool

December 29-30, 2024   7:00 AM – 6:30 PM

Register ASAP to ensure time to complete online work

Cost: $195*

*covers class materials and ARC certification fees

Prerequisites:
1) Minimum age: 15 years by the end of the course.
2) Jump in, submerge, resurface and swim 150 yards using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed. Maintain position at the surface of the water for 2 minutes by treading water using only the legs. Swim 50 yards using the front crawl, breaststroke or a combination of both.
3) Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive (feet-first or head-first) to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face at or near the surface. Exit the water without using a ladder or steps

Cut on the dotted line and return form with payment. Minimum of 6 students required.

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Caro Community Schools
Lifeguard Course Registration Form

Student's Full Name:_____Age: _____

Address:_____Phone/Cell:_____

Email address: _____

Parent's Name: _____

Emergency Contact Name:_____Cell:_____

Caro Schools has permission to use photos of me/my child on the school website and social media.

Signed:_____Date:_____

Make checks payable to Caro Community Schools. Please return registration form to
Diana Stephens, 301 N Hooper St, Caro, MI 48723.
Contact Diana Stephens at dstephens@carok12.org with questions.

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