

American Red Cross (ARC) Lifeguarding Courses

SPAR Recreation & Aquatic Center
933 W. Parish Road, Sulphur, LA 70663
337-721-3040

March – Weekends Only

Pre-Course Water Test March 14
March 15, 16, 23, 23
Registration March 3-11

April – Weekends Only

Pre-Course Water Test April 4
April 5, 6, 12, 13
Registration March 3-28

Spring Break

Pre-Course Water Test April 21
April 22-25
Registration March 3-April 15

May – Blended Learning

May 6 – May 18
Registration March 28 – May 2

Course Information Sheets And Registration Forms Are Available In The SPAR Lobby.

Yes, SPAR Will Be Hiring New Lifeguards For The 2014 Summer Season !



SPAR

SULPHUR PARKS & RECREATION

933 W Parish Rd. Sulphur, LA 70663

337-721-3040

American Red Cross Lifeguarding / April 5 & 6, 12 & 13, 2014

Course Information

Friday, 4th	4:00 – 7:30 pm	Pre-Course Water Test
Saturday, 5th	8:00 am – 4:00 pm	Being A Lifeguard, Rescue Skills, Pathogens & First Aid
Sunday, 6th	1:00 – 5:00 pm	Breathing Emergencies & CPR
Saturday, 12th	8:00 am – 4:00 pm	Head, Neck, and Back Injuries & Review
Sunday, 13th	1:00 – 5:00 pm	Written Test & Final Skill Scenario

Total Hours: 27 (there will be a lunch break Saturdays)

Location: SPAR Recreation & Aquatic Center, 933 W. Parish Road, Sulphur, LA 70663

Registration Deadline: 7:30 pm, Friday, March 28

Minimum Age 15 years old by April 13

Course Fee \$200.00 (includes all course materials)

Payment Full payment is due at the time of registration.
Cash, credit card (Visa, MC, AX), or check (made payable to **SPAR**)

Place of Registration Register in person at SPAR Recreation & Aquatic Center, 933 W. Parish Road, Sulphur, LA 70663

Pre-Course Water Test Friday, April 4 @ 4:00 PM *. Students must (a) complete a 300 yard continuous swim using the front crawl and/or breaststroke; (b) tread water for two minutes using only the legs; and (c) complete the following sequence in less than 1 minute, 40 seconds: 20 yard approach, surface dive to 10', retrieve a 10 lb. brick from the bottom, return 20 yards on the back holding the brick with both hands, and then exit the pool without the use of a ladder.

Course Materials Text books will be distributed following the Water Test on April 4.

Cancellation Deadline and Fees

Cancellations must be made in person, and in writing, at SPAR Recreation & Aquatic Center by Thursday, April 3 in order to receive a full refund, less a \$25.00 cancellation fee. Cancellations after April 3 are not eligible for a refund nor are the fees transferable to future programs/classes. Refund checks will be mailed within 5-7 business days. Late cancellations could deprive others the opportunity to participate and could potentially jeopardize the course itself ! Note: An individual that fails the Pre-Course Water Test will receive a full refund.



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American Red Cross Lifeguarding / March 15 & 16, 22 & 23, 2014

Course Information

Friday, 14th	4:00 – 7:30 pm	Pre-Course Water Test
Saturday, 15th	8:00 am – 4:00 pm	Being A Lifeguard, Rescue Skills, Pathogens & First Aid
Sunday, 16th	1:00 – 5:00 pm	Breathing Emergencies & CPR
Saturday, 22nd	8:00 am – 4:00 pm	Head, Neck, and Back Injuries & Review
Sunday, 23rd	1:00 – 5:00 pm	Written Test & Final Skill Scenario

Total Hours: 27 (there will be a lunch break Saturdays)

Location: SPAR Recreation & Aquatic Center, 933 W. Parish Road, Sulphur, LA 70663

Registration Deadline: 7:30 pm, Tuesday, March 11

Minimum Age 15 years old by March 23

Course Fee \$200.00 (includes all course materials)

Payment Full payment is due at the time of registration.
Cash, credit card (Visa, MC, AX), or check (made payable to **SPAR**)

Place of Registration Register in person at SPAR Recreation & Aquatic Center, 933 W. Parish Road, Sulphur, LA 70663

Pre-Course Water Test Friday, March 14 @ 4:00 PM *. Students must (a) complete a 300 yard continuous swim using the front crawl and/or breaststroke; (b) tread water for two minutes using only the legs; and (c) complete the following sequence in less than 1 minute, 40 seconds: 20 yard approach, surface dive to 10', retrieve a 10 lb. brick from the bottom, return 20 yards on the back holding the brick with both hands, and then exit the pool without the use of a ladder.

Course Materials Text books will be distributed following the Water Test on March 14.

Cancellation Deadline and Fees

Cancellations must be made in person, and in writing, at SPAR Recreation & Aquatic Center by Thursday, March 13 in order to receive a full refund, less a \$25.00 cancellation fee. Cancellations after March 13 are not eligible for a refund nor are the fees transferable to future programs/classes. Refund checks will be mailed within 5-7 business days. Late cancellations could deprive others the opportunity to participate and could potentially jeopardize the course itself !
Note: An individual that fails the Pre-Course Water Test will receive a full refund.



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American Red Cross Lifeguarding / April 21-25, 2014

Course Information

Monday, 21st	4:00 – 7:30 pm	Pre-Course Water Test
Tuesday, 22nd	8:00 am – 4:00 pm	Being A Lifeguard, Rescue Skills, Pathogens & First Aid
Wednesday, 23rd	8:00 am – 4:00 pm	Breathing Emergencies & CPR
Thursday, 24th	8:00 am – 4:00 pm	Head, Neck, and Back Injuries & Review
Friday, 25th	8:00 am – 12:00 pm	Written Test & Final Skill Scenario

Total Hours: 27 (there will be a lunch break Tuesday, Wednesday, and Thursday)

Location: SPAR Recreation & Aquatic Center, 933 W. Parish Road, Sulphur, LA 70663

Registration Deadline: 7:30 pm, Tuesday, April 15

Minimum Age 15 years old by April 25

Course Fee \$200.00 (includes all course materials)

Payment Full payment is due at the time of registration.
Cash, credit card (Visa, MC, AX), or check (made payable to **SPAR**)

Place of Registration Register in person at SPAR Recreation & Aquatic Center, 933 W. Parish Road, Sulphur, LA 70663

Pre-Course Water Test Friday, April 21 @ 4:00 PM *. Students must (a) complete a 300 yard continuous swim using the front crawl and/or breaststroke; (b) tread water for two minutes using only the legs; and (c) complete the following sequence in less than 1 minute, 40 seconds: 20 yard approach, surface dive to 10', retrieve a 10 lb. brick from the bottom, return 20 yards on the back holding the brick with both hands, and then exit the pool without the use of a ladder.

Course Materials Text books will be distributed following the Water Test on April 21.

Cancellation Deadline and Fees

Cancellations must be made in person, and in writing, at SPAR Recreation & Aquatic Center by Thursday, April 17 in order to receive a full refund, less a \$25.00 cancellation fee. Cancellations after April 17 are not eligible for a refund nor are the fees transferable to future programs/classes. Refund checks will be mailed within 5-7 business days. Late cancellations could deprive others the opportunity to participate and could potentially jeopardize the course itself !
Note: An individual that fails the Pre-Course Water Test will receive a full refund.



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SULPHUR PARKS & RECREATION 933 W Parish Rd. Sulphur, LA 70663 337-721-3040

2014 American Red Cross Lifeguarding @ SPAR / Registration Form

Participant's Legal Name _____

Mailing Address _____

City _____ State _____ Zip _____

Best Phone _____ Alternate Phone _____ Text Yes No

E-mail _____ Age _____ Date of Birth ____/____/____

Parent/Legal Guardian _____ Phone _____

March Class: March 15, 16, 22, and 23 Registration Deadline: Tuesday, March 11

April Class: April 5, 6, 12, and 13 Registration Deadline: Friday, March 28

Spring Break Class: April 21-25 Registration Deadline: Tuesday, April 15

Blended Learning: Online, plus May 17-18 @ SPAR Registration Deadline: Friday, May 2

Cost: \$200.00 (make checks payable to SPAR)

- Non-Transferable
- Those that cancel after the registration deadline, but before the 1st day of class, will pay a \$25 cancellation fee. A **Cancellation Form** must be completed and turned in at SPAR. **No phone cancellations.**
- There will be no refund for cancellations after the class has begun.
- If a student fails the pre-test, they will receive a full refund

Waiver

I agree and indemnify and hold SPAR and its employees, instructors, and/or volunteers harmless from liability, loss, cost, or expense (including attorney fees, medical, and ambulance costs) that may occur to those listed above while participating in activities and/or programs at SPAR. I further understand SPAR does not provide insurance coverage for accidents and/or injuries that occur as a result of participation in, or use of its facilities.

I acknowledge and accept the risks inherent in strenuous physical activity. I understand SPAR requests all participants to consult their physician before becoming physically active.

All persons participating in SPAR sponsored activities and/or using SPAR properties/facilities agree to conduct themselves according to SPAR standards for behavior and abide by any and all disciplinary actions imposed by SPAR.

Student's Signature _____

Parent/Legal Guardian's Signature (if under 18 years old) _____

Date ____ / ____ / ____