

**AMERICAN RED CROSS
LIFEGUARDING CERTIFICATION COURSE
with CPR, AED and FIRST AID**

Program host
BALDWIN WHITEHALL SWIM CLUB, INC.
with Red Cross Certified Course Instructor
and Baldwin High School Physical Education Teacher, Robynne R. Smith

Program Location: Carrick High School Pool, 125 Parkfield Street, Pittsburgh, PA 15210

Duration of Program: Two-weekend session (31 total hours) – March 2010

Lifeguard Certification Program Dates:	Friday, March 19, 2010	6:00 p.m. to 8:00 p.m.
	Saturday/Sunday, March 20/21, 2010	10:30 a.m. to 6:30 p.m. – w/lunch
	Friday, March 26, 2010	6:00 p.m. to 8:00 p.m.
	Saturday, March 27, 2010	10:30 a.m. to 6:30 p.m. – w/lunch
	Sunday, March 28, 2010	8:00 a.m. to 4:00 p.m. – w/lunch

Cost: \$250.00 **INCLUDES:** Lifeguarding Book, Pocket Mask used for CPR and rescue breathing, Bandage Kit, 31 Hours of Instruction, Use of Red Cross Manikans, Certification cards (Lifeguarding and First-Aid certification is 3 years. CPR and AED is 1 year)
Lunch served on Saturday & Sunday each weekend

Qualifications/Requirements:

Note: If requirements are not met the first night a refund will be made.

- (1) Applicant must be at least 15 years old (proof of age required)
- (2) Applicant must have the ability to swim 300 yards freestyle/breaststroke (under no time limitation); and
- (3) Applicant must be able to complete the deep-water brick test in 1 minute 40 seconds; (jump/dive into the deep end of the pool to retrieve a weighted brick and carry/swim with it to the shallow end)

CPR/AED Recertification Only
\$35.00 -- Class size is limited

Sunday, March 28, 2010 3:00 p.m. to 6:00 p.m.

Pre-registration is required/space is limited. Payment due on or before March 12, 2010

Mail form with payment to: BWSC, P.O. Box 97952, Pittsburgh, PA 15227

Program: Lifeguarding CPR/AED Re-Certification **Only** (March 29, 2010)

Name of Applicant _____ High School: _____

Address of Applicant: _____

Telephone Number: _____ E-mail address: _____

Payment Enclosed: Cash Check No. _____ payable to "**BWSC**"

For questions call 412-885-8986 or e-mail to BWSC@amswim.org
Visit us on the web at www.BaldwinSwimming.com