

**The Village of Hastings on Hudson
Recreation Department**



Lifeguard Training Course

February 17, 18, and 19, 2020

8:00am - 2:30pm

Andrus Children's Center 1156 N. Broadway, Yonkers NY

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Successful candidates will earn a completion certificate indicating Lifeguarding/First Aid/CPR/AED valid for 2 years.

Course completion requirements: complete all online content prior to Day 1 (approximately 7 hrs of eLearning content), participate in all dates and times of the in-person skill sessions, demonstrate competency in all skills, complete all assignments, pass final written exam with 80% or higher.

Pre-requisites:

At least 15 years of age by last scheduled class;

Pass pre-requisite swim skill evaluation that includes: 300 yards continuous swim; 2 minute tread just kick; timed brick retrieval (swim 20 yds, submerge 7-10' to retrieve 10 lb brick, return to surface and swim 20 yards on the back to return to the starting point, exiting the water without using a ladder or steps). Pre-requisite swim evaluation will be held on February 20th at 8am.

Register by FEBRUARY 15th to allow ample time to complete pre-course assignment

Registration fee: Residents: \$385 Non-Residents: \$410

Register online at hastingsrecreation.org or in person at the Recreation Department, James Harmon Community Center, 44 Main Street, Hastings

**For further information, please contact Lisa O'Reilly at 478-2380 or via email at:
recreation@hastingsgov.org**

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Recreation Department

Lifeguard Training Course 2020

Name: _____ Address: _____

Phone #: _____ Cell #: _____ D.O.B: ____/____/____

Email Address: _____

Program Dates: February 17, 18, 19

Location: Andrus Children's Center 1156 N. Broadway, Yonkers NY

Emergency Contact:

Someone other than a parent in case of an emergency.

Name: _____ Phone #: _____

In consideration of accepting this registration form, I the undersigned, for myself, my executors, administrators and assignees, do hereby discharge Hastings Recreation Department, and any and all sponsors, organizers and their representatives and successors from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said program. I further attest that my child is physically qualified to participate in the program.

Parents Signature: _____ **Date:** _____