

**BOROUGH OF GLEN ROCK
DEPARTMENT OF PARKS AND RECREATION**



LIFEGUARD CERTIFICATION COURSE REQUIREMENT FORM

Each participant must successfully comply and complete all of the below requirements in order to receive a valid certification. In order to ensure your enrollment in the course, please complete and submit the Registration Form along with a \$75.00 non-refundable deposit to the Department of Parks and Recreation. All deposits and Registration Forms are due back no later than, Friday, April 22, 2016.

Seating is limited and will occur on a first-come, first-served basis.

AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

CERTIFICATIONS INCLUDE LIFEGUARDING, FIRST AID, CPR, & AED FOR LIFEGUARDS
COURSE NUMBER: GR-022

MONDAY, MAY 2ND — THURSDAY, MAY 5TH & MONDAY, MAY 9TH — TUESDAY, MAY 10TH
5:00 — 10:00PM

**GLEN ROCK MUNICIPAL POOL
390 DOREMUS AVENUE, GLEN ROCK, NJ 07452**

REGISTRATION FEE: \$400.00 (\$75.00 NON-REFUNDABLE DEPOSIT REQUIRED)

PLEASE MAKE ALL CHECKS PAYABLE TO THE BOROUGH OF GLEN ROCK, NJ

COURSE REQUIREMENTS

**EACH PARTICIPANT MUST SUCCESSFULLY COMPLY AND COMPLETE ALL OF THE BELOW
REQUIREMENTS TO RECEIVE A VALID CERTIFICATION.**

- ALL PARTICIPANTS MUST BE A MINIMUM OF 15 YEARS OF AGE PRIOR TO COURSE COMPLETION. A PROOF OF AGE WILL BE REQUIRED PRIOR TO START OF COURSE.
- COMPLETE ALL REQUIRED REGISTRATION PAPERWORK PRIOR TO THE START OF THE ABOVEMENTIONED COURSE.
- ATTEND AND ACTIVELY PARTICIPATE IN ALL TRAINING SESSIONS ASSOCIATED WITH ABOVEMENTIONED COURSE.
- SUCCESSFULLY COMPLETE A PRE-COURSE PREREQUISITE SESSION WHICH INCLUDES THE FOLLOWING:
 - ❖ SWIM 300 YARDS CONTINUOUSLY, USING THE FOLLOWING STROKES:
 - 100 YARDS OF FREESTYLE USING RHYTHMIC BREATHING AND A STABILIZING PROPELLANT KICK.
 - 100 YARDS OF BREASTSTROKE.
 - 100 YARDS OF EITHER FREESTYLE USING RHYTHMIC BREATHING, OR BREASTSTROKE OR A COMBINATION OF BOTH.
 - ❖ SWIM 20 YARDS (FREESTYLE OR BREASTSTROKE), SURFACE DIVE TO A DEPTH OF 7-10', RETRIEVE A 10 POUND OBJECT, AND RETURN TO THE SURFACE, AND SWIM BACK 20 YARDS TO STARTING POINT. THIS EVENT IS TIMED.
 - ❖ TREAD WATER, WITHOUT USING YOUR ARMS, IN THE 8-10' SECTION FOR A MINIMUM OF 2 MINUTES WITHOUT STOPPING AND/OR RESTING.
- PASS ALL REQUIRED SKILLS WITH A SCORE OF AT LEAST 100% ACCURACY.
- PASS ALL REQUIRED WRITTEN TESTS WITH A SCORE OF AT LEAST 80% ACCURACY.

ONE HARDING PLAZA, GLEN ROCK, NEW JERSEY 07452
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