

Spring 2017 Lifeguard Training Registration

All Seasons Center, Sioux Center Iowa

Dates:

Monday, March 27	7:00-10:00pm
Tuesday, March 28	6:00-10:00pm
Saturday, April 1	9:00am-1:00pm
Monday, April 3	6:00-10:00pm
Thursday, April 6	6:00-10:00pm
Tuesday, April 11	6:00-10:00pm
Thursday, April 13	6:00-10:00pm

Pre-Test: 300 yard swim (100 Front Crawl, 100 Breast Stroke, 100 either of the two); swim 20 yards retrieve a brick from the bottom of the deep and swim it back to the shallow on back holding the brick with two hands in 1 minute and 40 seconds; and tread water for 2 minutes with no arms.

Pre-test will be done the first night of class; everyone will have 2 attempts on each element.

Prerequisites: Must be 15 years of age and pass pre-test.

Cost: **\$175.00** Payment must accompany registration.
Payment options: credit card, cash or check payable to All Seasons Center

Questions or for more information please contact Jill Miller at 712.722.4386 ext. 6 or jillm@allseasonscenter.org.

Spring 2017 Lifeguard Training Registration Form

Name _____ Date of Birth _____

Address _____

City _____ State _____

Email _____ Phone Number _____

Please return registration to: All Seasons Center
Attn: Jill Miller
770 7th St NE
Sioux Center, Ia 51250