

lifeguard certification

Get out. Get going.

CITY OF KEARNEY PARK & RECREATION

KPR PO Box 1180 / Kearney, NE 68848 / 2005 1st Avenue / 308-237-4644 / Mon. - Fri. 8am-5pm / www.cityofkearney.org



American Red Cross Lifeguard Certification

#7001-1- Session 1

Friday, February 24, 5:00-10:00pm

Saturday, February 25, 8:00am-10:00pm

Sunday, February 26, 1:00-7:00pm

Registration Deadline: Tuesday, February 21

#7001-2- Session 2

Friday, April 7, 5:00-10:00pm

Saturday, April 8, 8:00am-10:00pm

Sunday, April 9, 1:00-7:00pm

Registration Deadline: Tuesday, April 4

#7001-3-Session 3

Friday, April 28, 5:00-10:00pm

Saturday, April 29, 8:00am-10:00pm

Sunday, April 30, 1:00-7:00pm

Registration Deadline: Tuesday, April 25

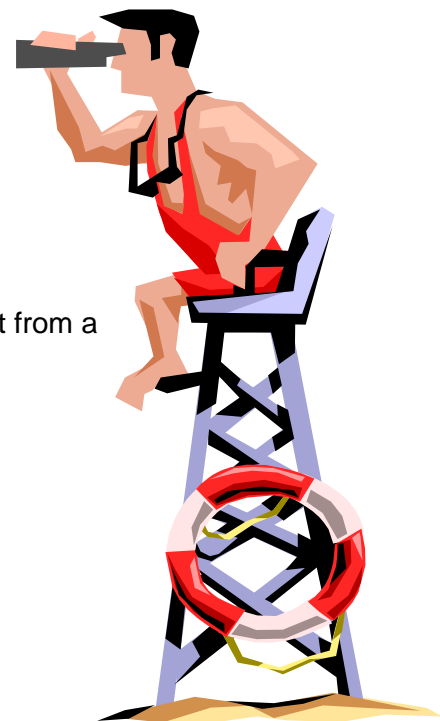
Classes may conclude earlier, but no later than time scheduled.

REGISTRATION INFORMATION:

- **REGISTRATION DEADLINE:** Class is limited in size, so do not wait to register. A \$5 late fee will be charged for registrations received after the registration deadlines.
- **CLASS FEE: \$80.00** Please make checks payable to "City of Kearney".
- **HOW TO REGISTER:** Participants can register either by phone (237-4644 by using VISA, MasterCard or Discover), online at www.KPRregister.org, or at the Kearney Park and Recreation Office (2005 1st Ave).

CLASS INFORMATION: (must attend all days in each session signed up for)

- **LOCATION:** Kearney High School (A schedule will be sent out prior to the start of the class with all the meeting information.)
- **AGE:** Participants must be at least **15 years of age** before the end of the class they are registered for.
- **PRE-REQUISITES:** To participate in the class, participants must pass the following pre-requisites:
 - Continuously swim 300 yds (using the front crawl & the breaststroke).
 - Tread water for 2 minutes using only your legs.
 - In 1 minute & 40 seconds, you must swim 20 yds, retrieve a 10 lb object from a depth of at least 7 ft, return it 20 yds and then exit the pool.
- **TO PASS** the class you must complete the following:
 - Attend every class session.
 - Participate in & complete all skill sessions.
 - Pass the written exam(s) with at least an 80%.
 - Pass the final skill scenarios.
- **EVERY DAY** please bring the following items:
 - Swimsuit, towel & any personal items you may need after you swim.
 - Pencil and any other note-taking utensils.
 - Your lunch and any snack you might want throughout the day (or money to purchase as needed).



Get out. Get going. Lifeguard!