



# LIFEGUARD & CPR TRAINING WATER SAFETY INSTRUCTION *Schedule & Registration Form* 2022

304 N Madison  
El Dorado, AR 71730  
Phone: 870-862-5442 Fax: 870-862-9922  
Aquatics Department Ext. 40 or 13

## AMERICAN RED CROSS CERTIFICATION CLASSES

<p style="text-align: center;"><b><u>Lifeguard/CPR Classes</u></b></p> <p style="text-align: center;">Deadline is the Wednesday before class</p> <p style="text-align: center;"><b><u>Class times</u></b></p> <p style="text-align: center;">4:00pm – 8:00pm Friday, 8:00am – 5:00pm Saturday, and 1:00pm – 5:00pm Sunday</p> <p style="text-align: center;"><b>March 25<sup>th</sup> – 27<sup>th</sup></b> (starts at 1:00pm Friday)</p> <p style="text-align: center;"><b>April 8<sup>th</sup> – 10<sup>th</sup></b>                      <b>May 20<sup>th</sup> – 22<sup>nd</sup></b></p> <p style="text-align: center;"><b>May 13<sup>th</sup> – 15<sup>th</sup></b>                      <b>June 3<sup>rd</sup> – 5<sup>th</sup></b></p> <p style="text-align: center;"><i>(Please circle class attending)</i></p>	<p style="text-align: center;"><b><u>CPR Classes (start 10:00am)</u></b></p> <p style="text-align: center;">Deadline is the Wednesday before class</p> <p style="text-align: center;">Are you a SHARE Foundation Employee?    YES    or    NO</p> <p style="text-align: center;"><b>April 13<sup>th</sup></b>      <b>May 11<sup>th</sup></b>      <b>June 8<sup>th</sup></b>      <b>July 13<sup>th</sup></b></p> <p style="text-align: center;"><b>August 10<sup>th</sup></b>      <b>September 14<sup>th</sup></b>      <b>October 12<sup>th</sup></b></p> <p style="text-align: center;"><b>November 9<sup>th</sup></b>      <b>December 14<sup>th</sup></b></p> <p style="text-align: center;"><i>(Please circle class attending)</i></p>
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**Lifeguarding Certification (includes CPR): \$250 member / \$300 non-member • CPR Certification: \$70 member/ \$75 non-member**  
*There will be a \$5 fee after the deadline if space is available*

Name (Please Print): \_\_\_\_\_ Today's Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ (Bring ID to class; you must be 15yrs~LifeGuarding)

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone (required): \_\_\_\_\_ Other Phone \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Relation \_\_\_\_\_ Phone \_\_\_\_\_

**RELEASE, WAIVER, AND INDEMNITY OF CLAIMS:** For and in consideration of the use or participation by me (or my child or children as identified above if a participant, collectively "child" whether one or more) in activities, classes, programs, events, parties, or instruction at HFC (as defined below), I, on behalf of myself (and my child if a participant), and my (and my child's) personal representatives, heirs, executors, administrators, agents, successors, and assigns, hereby release, waive, discharge, and hold harmless SHARE Foundation d/b/a HealthWorks Fitness Center ("HFC") and their officers, directors, employees, representatives, agents, successors, and assigns (collectively referred to as "Releasees"), from any and all liability, loss, claim, damage, demand, cause of action, or cost, on account of injury or death to my person or property, or person or property of my child, whether caused by the negligence of Releasees or otherwise, arising out of or related to my (or my child's) participation in activities, classes, programs, events, parties, or instruction at HFC. I agree to indemnify the Releasees and each of them from any liability, loss, claim, damage, demand, cause of action, or cost they may incur due to my (or my child's) participation in activities, classes, programs, events, parties, or instruction at HFC, whether caused by the negligence of the Releasees or otherwise. I assume full responsibility for my risk of bodily injury, death, property loss, or damage due to the negligence of Releasees or otherwise while I am (or my child is) participating in activities, classes, programs, events, parties, or instruction at HFC. I agree that this release, waiver, and indemnity applies regardless of the location of such activities, classes, programs, events, parties, or instruction. I further agree that this release, waiver, and indemnity agreement is intended to be as broad and inclusive as permitted by the laws of the State of Arkansas, and that if any portion of this agreement and release is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I also agree that Releasees are not responsible or liable for articles that are damaged, lost or stolen in or about the premises of HFC.

I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THE FOREGOING AND FULLY UNDERSTAND THAT IT IS A WAIVER AND RELEASE OF LIABILITY AND AN INDEMNITY AGREEMENT. I FURTHER UNDERSTAND THAT I AM WAIVING ANY RIGHT THAT I (OR MY CHILD) MAY HAVE TO BRING LEGAL ACTION TO ASSERT A CLAIM AGAINST THE RELEASEES, AND CONFIRM THAT ANY AND ALL QUESTIONS WERE ANSWERED TO MY FULL SATISFACTION.

THIS IS A CONTINUING WAIVER AND RELEASE OF LIABILITY AND INDEMNITY AGREEMENT AND IS BINDING UPON ALL PERSONS WHOSE SIGNATURES APPEAR BELOW AND SHALL APPLY TO ALL SUBSEQUENT USES OF HFC AND ITS FACILITIES AND PROGRAMS UNTIL REVOKED IN WRITING BY THE UNDERSIGNED.

Upon signing this waiver, I represent and warrant that: (a) I am at least 18 years of age and otherwise competent to execute this agreement, and (b) (1) I am a legal and competent parent or guardian who has signed this agreement on mine and my child's behalf, or (2) I am legally authorized to execute this agreement on behalf of the child identified above. I hereby accept responsibility for myself and my child regardless of participation in activities. I also understand that I am responsible for all minor children within my care during my (or my child's) participation in activities, classes, programs, events, parties, or instruction at HFC.

Signature (18 and over) \_\_\_\_\_

Date \_\_\_\_\_

**\*\*\* NO REFUNDS \*\*\***

# RED CROSS CLASS

## COURSE DESCRIPTION:

**CPR-AED Professional Rescuer:** This course will teach the skills and knowledge needed to respond to Life Threatening Emergencies. Quarterly Refreshers are offered free on [www.redcross.org](http://www.redcross.org), and are strongly recommended.

**CPR/AED-Professional Rescuer: 2 YEAR CERTIFICATION**



**LIFEGUARDING:** This course will teach the skills and knowledge needed to prevent and respond to aquatic emergencies. The course includes CPR/AED for the Professional Rescuer and Lifeguarding/First Aid certification. Certification in this course is a requirement to work as a lifeguard in Arkansas. **Attendance for all sessions is required for certification.**

### Lifeguard Course Prerequisites:

- Enrollees must be 15 years of age on or before the final scheduled session.
- Enrollees must successfully complete the following swimming prerequisites during the first scheduled class meeting
  - 300 yards (Waterfront option 500 yards) of either front crawl using rhythmic breathing and breaststroke.
  - Tread water (\*No Hands\*) for 2 minutes without stopping.
  - Swim 20 yards doing front crawl or breaststroke, surface dive to a depth of 13 feet, retrieve a 10 pound brick, return to the surface and kick 20 yards back to the starting point with the object (When returning to the starting point, the 10 pound object must be held with both hands and the face must be kept above the water.) Then place brick on deck, and climb out of the pool. You will have 1 minute and 40 seconds to complete this task.

### Shallow Water Lifeguarding Prerequisite:

- Enrollees must be 15 years of age on or before the final scheduled session.
- Enrollees must successfully complete the following swimming prerequisites during the first scheduled class meeting
  - 100 yards of either front crawl using rhythmic breathing and breaststroke.
  - Tread water (\*No Hands\*) for 2 minutes without stopping.
  - Swim 20 yards doing front crawl or breaststroke, surface dive to a depth of 4-5 feet, retrieve a 10 pound brick, return to the surface and kick 20 yards back to the starting point with the object (When returning to the starting point, the 10 pound object must be held with both hands and the face must be kept above the water.) Then place brick on deck, and climb out of the pool. You will have 50 seconds to complete this task.



**\*\*\*NOTES:** *It is strongly recommended that students practice in the water prior to class. No refunds will be made if enrollee cannot pass these prerequisites. Class size is limited and students are enrolled on a first come, first served basis. 100% attendance for all sessions is required for certification.* Be sure to bring a suit and towel to each class. Lifeguarding manuals may be found online at [www.redcross.org](http://www.redcross.org) click on take a class, then Lifeguarding link, then Lifeguarding manual link.