



Do you need a summer job and/or want to work a few hours during the school year? By successfully completing the lifeguarding course you will be eligible to be a lifeguard at the Recreation Center indoor and/or outdoor pools! The lifeguarding course includes First Aid and CPR training. Students need to bring suit and towel each day. No refunds will be given if you are unable to meet these pre-requisites.

November 9-12 (Time TBD)

\$130 Member; \$140 Non Member

10 students max; Must have 5 min to hold class

Office Use Only
Amount Paid: \$ _____
Receipt #: _____
Date: _____
Initials: _____

Pre-requisites for Lifeguarding

1.) Be at least 15 years of age on the last regularly scheduled day of the course.

2.) Swim 300 yards (6 lengths in our pool) continuously, using the strokes in the following order:

- 100 yards of front crawl using rhythmic breathing performed either by breathing to side or front) and a stabilizing, propellant kick
- 100 yards of breaststroke
- The last 100 yards may be a mix: front crawl/breaststroke
- Retrieve item from the bottom of 8ft

If you are unable to meet these pre-requisites, NO REFUNDS WILL BE GIVEN.

Participant Name: _____ Grade: _____ Birth Date: _____

Parent/Guardian Name: _____ Cell Phone: _____

Address: _____

CONSENT TO PARTICIPATE

We, the undersigned, do hereby acknowledge that we are aware that in all sports there is the potential for injury. Some accidents could conceivably result in injuries that are very serious and/or life threatening. We further acknowledge that the participant listed above is physically able to participate in this sport. The USD 244 Recreation Commission and its employees are not responsible for accidents and injury that might occur as a direct or indirect result of participation in this program.

PLEASE LIST ANY MEDICAL CONDITIONS or write NONE: _____

Signature of Parent/Guardian: _____ **Date:** _____

REGISTRATION INFORMATION AND POLICIES

1. Registration is not complete until form and full payment are received
2. Late registrations & refunds are subject to Aquatics Director approval
3. Late fee \$5
4. Payment accepted: Cash, Check, Credit (no Discover)
5. Make checks payable to BRC and submit with form

Scan the QR code to be added to our email list for activity/event updates.



Return forms to Burlington Recreation Center 1110 Shea Street Burlington, KS 66839

Questions? Call 620-364-8484 or visit: www.burlingtonrec.com