



BECOME A LIFEGUARD!

Train to Save Lives

Lifeguarding/First Aid/CPR/AED

Instructor: Ruth Vickers

This course teaches the knowledge and skills needed to prevent and respond to aquatic emergencies. Upon completion of the class, participants will receive the American Red Cross certificate for Lifeguarding/First Aid/ CPR/AED.

Course Dates and Times*

April 16th—Thursday 6-9 PM

April 17th—Friday 6-9 PM

April 18th—Saturday 9-6 PM

April 19th—Sunday 9-6 PM

April 20th—Monday 6-9 PM

*Dates and Times are Final. No makeup dates.

Requirements

- Must be at least 15 years old
- Swim 300 yards continuously with the face in water
- Tread water using only legs for 2 min.
- Retrieve the diving brick from deep and swim back to start in 1 min. 40sec.

Recertification Available During Each Full Course

Participants must possess a current ARC Lifeguarding Certificate and need to complete the written and practical skills tests.

Approx. 13 hours , available during regular course

Course Fees

Full Course \$200 per person

To register or for more information, contact Julie Dunn
at 918-495-6640 or email Jdunn@oru.edu

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LIFEGUARD CERTIFICATION COURSE REGISTRATION

April 16-20, 2015 — Oral Roberts University Aerobics Center

Instructor: Ruth Vickers

CANDIDATE INFORMATION

Name: _____ Date of Birth: _____

Address: _____ City: _____

State: _____ Zip Code: _____ Email: _____

Phone: _____ Age on Last Day of Course : _____

Gender: M ☐ F ☐ Significant Medical Information: _____

EMERGENCY CONTACT INFORMATION

Name: _____

Relation: _____

Phone: _____

PLEASE BRING:

- One piece suit (girls) or wear a T-shirt over the two piece. Swim Trunk (Boys)
- Goggles
- Towels
- Sweats
- Snacks and Water
- Laptop, Ipad or whatever device needed for the download manual
- Pen and Paper for notes

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