

LIFEGUARD TRAINING
REGISTRATION FORM

Name: _____

Address: _____

Phone Number: _____ Age: _____

EMAIL Address: _____

The Lifeguard Training course will be held;

September 11, 12, 18 and 19 and October 2 & 3
9am-5pm

Lifeguard Candidates must attend all classes

Cost: \$210, Please make check out to CBAC
Check, registration form, and waiver
are needed to reserve your place in the class.
Registration is limited, so sign up today!

To enroll in the Lifeguarding course, you must be at least 15 years of age before the last scheduled class session. To participate in the Lifeguarding course, you must be able to demonstrate the following skills:

- **Swim 300 yards continuously**, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Breathing can be performed either by breathing to the side or to the front.
 - 100 yards of Breaststroke.
 - 100 yards of either the front crawl or breaststroke. It may be a combination of both strokes.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet retrieve a 10lb object and return to the surface swim back 20 yards an exit the water with the object without using a ladder or steps in 1 minute and 40 seconds.

Location: City of Cocoa Beach Aquatic Center
4800 Tom Warriner Blvd
Cocoa Beach, FL 32931
(321) 868-3240

What to bring;

- Lunch, snacks, and water
- 2 towels
- dry clothes to change into