

---

Phone (563) 547-3443

Fax (563) 547-1020

---

We have you listed as a person who may be interested in the Lifeguard course.  
Enclosed/Attached you will find the information for the Blended Learning Lifeguard class 2016.

- **You need to call CFC to confirm your attendance to this class and sign-up into one of the CPR dates.**
- You must purchase and pick-up or download Lifeguarding manual.
- You must register and launch the online portion, along with completing the required lessons.
- The Red Cross \$35 fee is payable when registering on line and the CFC \$135.00 fee is due the 1<sup>st</sup> day of class.

*This will be the only full Lifeguard course offered this spring/summer at the fitness center.  
There will be several recertification classes in May (dates to be determined).*

The lifeguard on-site classes are divided into several different dates and times. We are trying to get more repeat times to do a good job of getting the CPR/AED skills down, this is the most intense part of the training, so know your information sheets and then you may be able to test out easier.

**All the pool classes are required; they are on Sunday's March 13, April 3 and 17.**

This is the best time for us to get pool access with this large of a class.

**The CPR small group classes are offered March 20, 21, 22 or 24 (see times on schedule)**

**Students must attend one of these classes (minimum 4 and maximum of 8 participants).**

If students are carpooling then list them together and note this when signing up.

***If there are conflicts with the schedule, we will work with you but we need to know this at time of sign-up.  
Know your schedule so we can figure out make-ups.***

A printed copy of the manual, 2012 version, (including skill sheets) is available for \$20.

They are here at the fitness center, call ahead, for pick-up. I can mail them for \$5.

Free download for Lifeguard Manual: [www.redcross.org](http://www.redcross.org)

click "Training & Certification" top tab

if dropdown menu appears choose "Aquatics"

or if box to select class appears, scroll down and select Lifeguarding

click "Lifeguarding" on left menu

click on Learn more about "Lifeguard Preparation"

On left column choose Lifeguard Manual

find [click here](#) to download free version

You may print your own pages by clicking on each one individually

optional: You may save this as a PDF, by using the "PDF" down-arrow on right menu

This is a large file (131.32 MB) and may take a while to download,

you may need to temporarily disable pop-up blocker

The lifeguard class should be 33 hours in-class time, including with 8 hours on-line, but we only hold 18-20 hours in facility time, so we expect that difference of time for your reading and online learning.

See you in class,

Wendy Bohr, Becky Creger, TJ Casper and Greg Creger

---