



**Lifeguarding Certification Course**  
**Friday, March 23<sup>rd</sup> – 5:00-10:00 PM**  
**Saturday, March 24<sup>th</sup> – 8:00 AM-5:00 PM**  
**Friday, April 6<sup>th</sup> – 5:00-10:00 PM**  
**Saturday, April 7<sup>th</sup> – 8:00 AM-5:00 PM**

An American Red Cross Certification Course for Lifeguarding and CPR/First-Aid/AED will be offered to the Jessamine County community at the Luce Center on Asbury University's campus.

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| <ul style="list-style-type: none"><li>• The course fee is \$200.00 and includes all class materials and certification costs</li><li>• Registration deadline is Friday, March 9<sup>th</sup></li><li>• Students are required to attend all sessions of the course</li><li>• Participants must be 15 years of age by the end of the course</li><li>• You may bring snacks and a meal to eat during the class</li></ul> | <ul style="list-style-type: none"><li>• To register, drop off registration form and payment to the front desk of the Luce Center or mail in the registration form and payment to:<br/><i>Kara Mattingly</i><br/><i>Asbury University</i><br/><i>1 Macklem Drive</i><br/><i>Wilmore, KY 40390</i><br/><b>Make Checks Payable to – Asbury University</b></li><li>• Refunds will only be issued if the participant does not pass the initial prerequisites</li><li>• Enrollment is limited to the first 10 paid participants (<i>minimum of 8 participants to host a course</i>)</li></ul> |
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- For questions, e-mail [kara.mattingly@asbury.edu](mailto:kara.mattingly@asbury.edu)

There are initial prerequisites that will be tested the first session of class. All prerequisites must be met in order to continue the course:

- Swim 300 yards continuously using front crawl, breaststroke, or a combination of both
- Tread water for 2 minutes without support and without stopping, using only the legs. Hands must be placed under the armpits and the head must remain above the surface of the water.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point while maintaining two hands on the object and exit the water without using a ladder or steps, within 1 minute and 40 seconds.
- To receive certification, students must pass a multiple-choice exam for Lifeguarding and an exam for First-Aid/CPR/AED and pass with at least 80% for both exams

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Asbury University Lifeguard Registration Form – PLEASE PRINT LEGIBLY  
CERTIFICATION WILL BE E-MAILED TO THE E-MAIL ADDRESS PROVIDED

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Name of Participant:

Address:

City:

State:

Zip Code:

Date of Birth:

Phone Number:

E-Mail Address:

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**WAIVER**

*We are pleased to have your child visiting the Luce Physical Activities Center. Please read the permission (**required if participant is under 16 and not accompanied by a parent or legal guardian**) and liability (**required for all participants**) statements below and indicate your acknowledgment by signing on the space provided at the bottom of this form. Thank you.*

I give permission for my child \_\_\_\_\_

*(print name)*

to participate in activities at the Luce Physical Activities Center.

**LUCE PHYSICAL ACTIVITIES CENTER LIABILITY STATEMENT:**

*Asbury University shall not be liable for any injuries, damages or other such losses which individuals may incur while using the Luce Physical Activities Center, facilities or participating in Luce Center Sports / Recreation programs. Individuals specifically assume all risks of injuries, damages or other such losses while using any equipment or the facilities at Asbury University or on the Asbury University premises. Participants waiver any and all claims against Asbury University, its trustees, officers, agents and employees for any such injuries, damages or other such losses.*

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*Signature of parent or legal guardian*

*Date*