



Longfellow Natick
American Red Cross Lifeguard Training Courses
Instructor: Jonathan Sugarman, jsugarman.lhc@gmail.com
August Courses



Full Certification Course (Must attend all in-person class sessions)

Course Overview:

- Course Duration: 3 days
- Course Description: This intensive course certifies first-time lifeguards in American Red Cross Lifeguarding.
- Blended Learning: Online learning materials must be completed prior to attending in-person sessions.

In-Person Class Dates & Times:

- Friday, August 15, 4:00pm-8:30pm
- Saturday, August 16, 9:00am-7:30pm
- Sunday, August 17, 9:00am-7:30pm

Location: Longfellow Natick Health Club, 203 Oak St, Natick, MA 01760

Cost: Members: \$350.00 Non-Members: \$400.00

Eligibility Requirements:

- Eligible participants must be 15 years old or older, able to swim 300 yards continuously, and retrieve a 10-pound brick from 10 feet of water.
 - This pre-test will be conducted on the first day of class
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Recertification Course (must attend all in person class sessions)

Course Overview:

- Course Duration: 1 day
- Course Description: A refresher course to review and refresh the skills learned in the initial certification.

In-Person Class Dates & Times:

- Monday, August 18, 9:00am-7:30pm

Location: Longfellow Natick Health Club, 203 Oak St, Natick, MA 01760

Cost: Members: \$175 Non-Members: \$200

Eligibility Requirements:

- Must have an active American Red Cross Lifeguarding Certification, or one expired within the last 30 days, ***proof of this certification is required prior to the start of class.***

**Please email this registration and any questions to our course instructor, Jonathan Sugarman at
jsugarman.lhc@gmail.com.**

Course Registration

Participant Name: _____ Participant Phone: _____

Participant Email: _____

Parent Email (if applicable): _____

Address: _____

Payment (processed one week before the course, no refunds)

Circle One: Cash Check Credit Card

Circle One: New Certification Recertification

Amount: _____ (prices located above)

CC# _____ Exp. Date: _____ CVV: _____

Date: _____ Signature: _____

Waiver:

The following waiver must be signed by all participants, or by a parent if the participant is under 18.

I accept full responsibility for my (or my child's) participation in the Longfellow Health Club class and for my (or my child's) use of any and all equipment, facilities, or services owned and operated by Longfellow Health Club. No refunds will be issued once the class has started. Refunds will not be provided for any reason without 24-hour advanced notice. Requests accompanied by a doctor's note due to illness will be eligible for a makeup class. It is understood and agreed that any claims for accidents or illness will be covered by the participant's or parent's insurance. Longfellow Health Club assumes no responsibility for illness or accidents. We also reserve the right to dismiss any participant whose behavior is disruptive to the program or threatens the safety of others.

Participant Name: _____ Signature: _____ Date: _____

Parent Name: _____ Signature: _____ Date: _____