



SWIM NH
WATERSAFETY TRAINING

Waterfront Lifeguard Training

Teaches the skills and knowledge needed to prevent and respond to aquatic emergencies.

- Includes: CPR for the Professional Rescuer, AED skills and First Aid.
- Upon Successful completion of the course, the student will be granted a Waterfront lifeguard training and first aid certification (valid for 3 years) and CPR for Lifeguards certification (valid for 1 year).

Course Fee: \$325 – A non-refundable deposit of \$100 is due with registration form. Balance due on first day of the course.

Prerequisites:

- 15 years of age.
- Must be able to swim 550 yards continuously in the following order: 200 yards front crawl with rhythmic breathing; 200 yards breaststroke, and 150 yards using either front crawl or breaststroke.
- Swim 20 yards, dive 7 to 10 feet to retrieve a 10 pound object, return to the surface and swim back 20 yards within 1 min and 40 sec.
- Retrieve three diving rings placed in water 5-7ft deep spread out.

Please complete all 4 sections of the form below; sign and mail it with payment to:	Swim NH 96 N State St Concord, NH 03301
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1. Personal Data – please fill in all fields

Full Name:					
Mailing Address:					
City:		State:		Zip:	
Phone:			E-mail:		

2. Please Check the Desired Course

Course ID. Number	
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3. Payment – Course fee = \$325, A non-refundable deposit of \$100 is due with form. Balance due on first day of the course.

Make check payable to:	Swim NH, 96 North State Street, Concord, NH 03301		
Total Payment Amount Included:		Balance due on first day of the course.	

4. Sign it

Print Name: _____

Date: ___/___/200__

Signature: _____

If under 18 a parent or guardian must sign