



SWIM NH
WATERSAFETY TRAINING

Lifeguard Training RE-View (Re-certification)

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

- Does include: CPR for the Professional Rescuer & AED skills.
- Upon Successful completion of the course, the student will be granted a lifeguard training and first aid certification (valid for 3 years).

Course Fee: \$170 – A non-refundable deposit of \$70 is due with the registration form. Balance due on first day of the course.

Prerequisites:

- Posses a current Lifeguard Training, CPR/PR and First aid certification or expired not more than 12 months.
- Must be able to swim 300 yards continuously in the following order: 100 yards front crawl with rhythmic breathing; 100 yards breaststroke, and 100 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.

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

1. Personal Data – please fill in all fields

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

2. Please List the Desired Course

Course ID Number	
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3. Payment – Course fee = \$170, A non-refundable deposit of \$70 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: ___/___/20___

Signature: _____

If under 18 a parent or guardian must sign