

+American Red Cross of the Mohawk Valley  
Herkimer & Utica, NY

## 2010 Aquatic Schools

at

Hamilton College

The purpose of Aquatics School is to provide educational opportunities for professionals and volunteers. The program emphasizes excellence in skills, safety awareness, leadership, and instructor development.

### Pre-Requisites:

**You are welcome to enroll if you:**

- \* Meet the following age requirements prior to the course: (proof required)
  - > Guard Start – age 11 to 14
  - > Lifeguard Training - age 15
  - > Water Safety Instructor – age 16
  - > All others must be 17 years old
- \* Are in sound physical condition capable of an education program
- \* Can meet pre-requisites listed for desired course

### To Register:

**Please send form and fee to:**

Aquatics School  
American Red Cross of the Mohawk Valley  
Herkimer Office  
235 North Prospect Street  
Herkimer, NY 13350

### Certification

American Red Cross certification is **NOT** automatically granted due to participation in a program. **Students must adhere to all class guidelines, including attendance requirements, and pass all written exams with an 80% and skill exams to be certified.**

### Registration/Payment

**Payment must accompany application as well as proof of age and current ARC Certifications.**

### Registration Deadlines

**Hamilton College – by March 26, 2010**

### Class Cancellation

If the school is cancelled, the announcement will be listed on the local television stations and radios as well as on our website.

### Price Policy

The American Red Cross sponsors all courses. Aquatics School Staff and Instructors are volunteers.

### Limited Enrollment

Class enrollment is limited, and it varies per course. Therefore, **registration is done on a first come first served basis.** Early registration is encouraged.

### Cancellation/Refunds

Until the beginning of the class, a refund will be granted, minus a 15% processing fee. No refunds will be allowed once a class starts. If a student fails, no refund will be granted.

### Prerequisites will/must be adhered to

All students must know and pass all the prerequisites that are required for their chosen course. **Students not meeting the prerequisites will NOT be allowed to stay** and will be given a refund, minus a 15% processing fee.

### School Location

Classes for the Spring Aquatics School are being offered at Hamilton College, Clinton.

### Course Materials

**Instructor candidates need to bring at least a 2-inch 3-ring binder.** Textbooks are included in the course fee.

### Registration Confirmation

**Participants will receive a welcome letter and confirmation of payment.**

### Course Descriptions:

**1. Lifeguard Training/Waterfront Lifeguard (includes First Aid & CPR/AED for Lifeguards): \$185**

**Pre-requisites are as follows:**

- \*Demonstrate the ability to swim **550 yards continuously**, using the following strokes:
  - > **200 yards front crawl** using rhythmic breathing and a stabilizing propellant kick
  - > **200 yards breaststroke** using a pull-breath-kick-glide sequence.
  - >**150 yards front crawl using rhythmic breathing and/or breaststroke (may be a**

**mix of the two)**

- \* Demonstrate the ability to swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object to the surface
- \* Demonstrate the ability to swim 5 yards submerge and retrieve 3 objects in 4-7 foot deep water.

### **2. Lifeguard Training/Waterfront**

**Recertification: \$120**

This course will re-certify candidates to maintain lifeguard credentials (including First Aid & CPR/AED for Lifeguards). Candidates must meet the lifeguard training/Waterfront pre-requisites.

### **3. Guard Start – Lifeguarding Tomorrow: \$50**

The purpose of this course is to provide youth with a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Life guarding Courses. Students will gain Adult CPR/AED and First Aid Basics Certification.

**Pre-requisites are as follows:**

- \* Swim the front crawl for 25 yards continuously while breathing to the front or side
- \* Tread water for 1 minute using arms and legs
- \* Submerge and swim a distance of 10 feet Underwater

### **4. Lifeguard Instructor: \$200**

The course will teach instructor candidates to teach the basic life guarding course & all its components. Candidates must meet the Lifeguard Training/Waterfront pre-requisite skills. Candidates will also gain the pre-requisite to an instructor course: Fundamentals of Instructor Training.

### **5. Lifeguard Management: \$50**

The purpose of the course is to provide participants with the knowledge and skills needed to effectively manage lifeguards and to create an environment that keeps patrons, lifeguards, and the aquatic facility safe. **This course meets the NY State Health Department Supervision requirement.**

### **6. Basic Water Rescue: \$35**

This course **meets the requirement for NY State Guides.** The purpose of the course is to provide individuals with information and skills necessary to prevent, recognize, or respond to aquatic emergencies.

### **7. Water Safety Instructor (revised 2009): \$175**

Participants have to demonstrate the front crawl, backstroke, breaststroke, butterfly, elementary backstroke, and side stroke. Participants will learn how to teach each stroke and the ARC Learn- to- Swim program. This course also includes the pre-requisite course: Fundamentals of Instructor Training.

### **8. CPR/AED for the Professional Rescuer Re-certification: \$45**(as a “stand-alone” course)

Participants must have a current CPR/AED for the Professional Rescuer certification to be eligible for this re-certification class. **This course is now known as CPR/AED for the Lifeguard** with a one-year expiration(as per NYS Guidelines).

### **9. Safety Training for Swim Coaches (Water portion only): \$25**

To enroll in this fast-track option, participants must have completed the Safety Training for Swim Coaches online written exam on USA Swimming website & must bring the confirmation e-mail with you

### **10. Instructor Trainer Candidates:**

The Aquatic Instructor Trainers will mentor Instructor Trainer candidates who have been identified by their home chapters in the specialty areas of Lifeguard Training or Water Safety. This will be offered at the Hamilton College. Contact the chapter for more information.

HAMILTON COLLEGE		
Courses Offered	Dates:	
Lifeguard Training/ Waterfront	4/10/10	9 am – 6 pm
	4/11/10	9 am – 2 pm
	4/16/10	6 pm – 9 pm
	4/17/10	9 am – 4 pm
	4/18/10	9 am – 2 pm
	4/23/10	6 pm – 9 pm
	4/24/10	9 am – 4 pm
Water Safety Instructor (r.09)	4/09/10	6 pm – 9 pm
	4/10/10	9 am – 6 pm
	4/11/10	5 pm – 2 pm
	4/16/10	6 pm – 9 pm
	4/17/10	9 am – 4 pm
	4/23/10	6 pm – 9 pm
	4/24/10	9 am – 4 pm
Lifeguard Instructor	4/09/10	6 pm – 9 pm
	4/10/10	9 am – 6 pm
	4/11/10	9 am – 2 pm
	4/16/10	6 pm – 9 pm
	4/17/10	9 am – 4 pm
	4/18/10	9 am – 2 pm
	4/23/10	6 pm – 9 pm
	4/24/10	9 am – 4 pm
CPR/AED for Lifeguards Recertification	4/10/10	9 am – 1 pm
Waterfront Lifeguard Recertification	4/10/10	9 am – 6 pm
Guard Start: Lifeguarding Tomorrow	4/10/10	9 am – 3 pm
	4/17/10	9 am – 3pm
	4/24/10	9 am – 3pm
Lifeguard Management	4/24/10	9 am – 4 pm

Basic Water Rescue	4/17/10	9 am – 1 pm
Safety Training for Swim Coaches (water portion only)	4/17/10	1 pm - -4 pm
Pre-pre lifeguard course	4/9/2010	7 pm – 9 pm
<b>HERKIMER OFFICE CPR/AED Classes</b>		
Adult CPR/AED	6/7/10	6 pm – 10 pm
Infant & Child CPR	6/8/10	6 pm – 10 pm
CPR/AED for the Professional Rescuer	6/7/10	6 pm – 10 pm
	6/8/10	6 pm – 10 pm
ALL CPR/AED Re-certifications	6/10/10	6 pm–10 pm
	OR 6/15/10	6 pm–10 pm
<b>UTICA OFFICE CPR/AED Classes</b>		
Adult CPR/AED	6/7/10	6 pm – 10 pm
Infant & Child CPR	6/8/10	6 pm – 10 pm
CPR/AED for the Professional Rescuer	6/7/10	6 pm – 10 pm
	6/8/10	6 pm – 10 pm
ALL CPR/AED Recertifications	6/10/10	6 pm–10 pm
	OR 6/22/10	6 pm-10pm

**PLEASE NOTE:**

**Registration Confirmation will be received via your e-mail!**

Please be sure that all information requested on the Registration Form is legible.

If we are unable to read your e-mail address, you may not receive your notice of enrollment in the Aquatics School!

**THANK YOU FOR YOUR COOPERATION!**

235 North Prospect Street  
Herkimer, New York 13350  
www.redcrossmv.org



# AQUATICS SCHOOL



SPONSORED BY

American Red Cross  
of the  
Mohawk Valley

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