

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

**2009 Aquatic Schools**

At

**Hamilton College,  
Herkimer County Community College,  
and  
Herkimer High School**

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  
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 25, 2009

\* Herkimer County Community College – by May 20, 2009

\* Herkimer High School – by June 22, 2009

**Class Cancellation**

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

**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 10% processing fee. No refunds will be allowed once a class starts. If a student fails, no refund will be granted.

**Prerequisites 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 10% processing fee.

**School Location**

All classes will be taught at the selected location. Classes are being offered at Hamilton College, Clinton; Herkimer County Community College, Herkimer; Herkimer High School, Herkimer.; and Chapter Offices, Utica or Herkimer.

**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: \$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. 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: \$175**

The course will teach instructor candidates to teach the basic life guarding course. 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 Update (revised 2009): \$38**

This update is for any WSI (revised 2004) instructor, who needs to update to the newly revised 2009 materials. The update session or an online update is mandatory for any instructor wishing to maintain certification.

**8. 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.

**9. CPR/AED for the Professional Rescuer Re-certification:**

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.

**10. First Aid – Responding to Emergencies: First Aid only \$67**

**FA-RTE & Adult CPR/AED \$77**

**FA-RTE & infant/child CPR \$82**

**FA-RTE & Adult, infant, child CPR \$87**

**FA- RTE & CPR for the Professional Rescuer \$117**

This program is designed primarily for use in secondary schools, colleges, universities, and other settings that require a curriculum of greater length than the First Aid/CPR/AED course. This program fulfills the NY State Department of Health requirement for nurses and individuals involved in summer youth programs. It meets the NYS Education Department requirement for coaches.

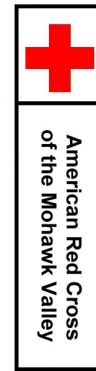
**11. Instructor Trainer Candidates:**

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 or Herkimer County Community College sites. Contact the chapter for more information.

HAMILTON COLLEGE		
<i>Courses Offered</i>	<i>Dates:</i>	
Lifeguard Training/ Waterfront	4/3/09	5 pm – 9 pm
	4/4/09	9 am – 6 pm
	4/17/09	5 pm – 9 pm
	4/18/09	9 am – 6 pm
	4/24/09	5 pm – 9 pm
	4/25/09	9 am – 6 pm
Water Safety Instructor (revised '09)	4/3/09	5 pm – 9 pm
	4/4/09	9 am – 6 pm
	4/17/09	5 pm – 9 pm
	4/18/09	9 am – 6 pm
	4/24/09	5 pm – 9 pm
	4/25/09	9 am – 6 pm
Lifeguard Instructor	4/3/09	5 pm – 9 pm
	4/4/09	9 am – 6 pm
	4/17/09	5 pm – 9 pm
	4/18/09	9 am – 6 pm
	4/24/09	5 pm – 9 pm
	4/25/09	9 am – 6 pm
HERKIMER COUNTY COMM. COLLEGE		
Lifeguard Training/ Waterfront	5/30/09	1 pm – 6 pm
	5/31/09	1 pm – 6 pm
	6/5/09	5 pm – 9 pm
	6/6/09	9 am – 6 pm
	6/7/09	1 pm – 6 pm
	6/12/09	5 pm – 9 pm
	6/13/09	9 am – 5 pm
	6/14/09	1 pm – 6 pm
Lifeguard Training/Waterfront Re-certification	5/30/09	9 am – 6 pm
CPR/AED for the Professional Rescuer Re- certification	5/30/09	9 am – 1 pm
Lifeguard Management	6/13/09	9 am – 5 pm
Guard Start: Life guarding Tomorrow	5/30/09	8 am – 2:30 pm
	6/6/09	8 am – 2:30 pm
	6/13/09	8 am – 2:30 pm
Basic Water Rescue	6/6/09	9 am – 1 pm
First Aid – Responding to Emergencies	5/30/09	9 am – 6 pm (First Aid session only; need to sign up for CPR at a Chapter Office)

Lifeguard Instructor	5/29/09	5 pm – 9 pm
	5/30/09	9 pm – 6 pm
	5/31/09	1 pm – 6 pm
	6/5/09	5 pm – 9 pm
	6/6/09	9 am – 6 pm
	6/7/09	1 pm – 6 pm
	6/12/09	5 pm – 9 pm
	6/13/09	9 am – 5 pm
	6/14/09	1 pm – 6 pm
	Water Safety Instructor (revised '09)	5/30/09
5/31/09		1 pm – 6 pm
6/6/09		9 am – 6 pm
6/7/09		1 pm – 6 pm
6/13/09		9 am – 6 pm
6/14/09		1 pm – 6 pm
HERKIMER HIGH SCHOOL		
Lifeguard training/ Waterfront Re- Certification	6/29/09	9 am – 4 pm
CPR/AED for the Professional Rescuer Re- Certification	6/29/09	9 am – 4 pm
HERKIMER OFFICE		
Water Safety Instructor (revised '09) Update	6/11/09	6 pm – 10 pm
Adult CPR/AED	6/1/09	6 pm – 10 pm
Infant & Child CPR	6/2/09	6 pm – 10 pm
CPR for the Professional Rescuer	6/1/09	6 pm – 10 pm
	6/2/09	6 pm – 10 pm
CPR Re- certification	6/3/09	6 pm – 10 pm
	OR 6/4/09	6 pm – 10 pm
UTICA OFFICE		
Water Safety Instructor (revised '09) Update	5/6/09	6 pm – 10 pm
Adult CPR/AED	6/8/09	6 pm – 10 pm
Infant & Child CPR	6/9/09	6 pm – 10 pm
CPR for the Professional Rescuer	6/8/09	6 pm – 10 pm
	6/9/09	6 pm – 10 pm
CPR Re- certification	6/10/09	6 pm – 10 pm
	OR 6/11/09	6 pm – 10 pm

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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