

TREFETHEN AQUATIC CENTER

Mills College

5000 MacArthur Blvd • Oakland, CA • 94613 • 510/430-2170

Lifeguard Training Registration (Full Course)

PLEASE PRINT LEGIBLY

Date _____

Student's Name _____ Age/Birth date _____

Parent/Guardian _____ Primary Phone _____

Home Address _____ City/Zip _____

Parent's Work Phone _____ E-mail _____
(If student is a minor)

In Case of Emergency:

Notify _____ Relationship _____

Hospital _____ Medical Group _____ Dr. _____

Course Prerequisites for full Lifeguard Training Course:

- Minimum age of 15—Please bring proof of age
- Swim 300 yards continuously, using freestyle and breaststroke—both strokes to be swum efficiently and correctly.
- Tread water for two minutes—legs only.
- Swim 20 yards freestyle or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return it to the surface, swim back to the starting point supporting that object with both hands while face remains above surface, set the object on the deck, get out of the water without using stairs or ladders within a given time limit of 1:40.

Course Fees: \$190—includes textbook, pocket mask, whistle, and Red Cross program fees
 Make checks payable to: Mills College

CHECK THE CLASS OF YOUR CHOICE:

<input type="checkbox"/> CLASS ONE—February 25-March 10, 2012		Registration Deadline: 2/15
Saturdays & Sunday	February 25, 26, March 10	8:30 AM-5:00 PM
<input type="checkbox"/> CLASS TWO—April 9-13, 2012		Registration Deadline: 3/26
Monday through Friday	April 9-13	9:00 AM-3:00 PM
<input type="checkbox"/> CLASS THREE—April 15-May 6, 2012		Registration Deadline: 4/1
Sundays	April 15, 22, 29 & May 6	9:30 AM-4:30 PM
<input type="checkbox"/> CLASS FOUR—June 3-9, 2012		Registration Deadline: 5/21
Sunday & Saturday	June 3 & 9	8:00 AM-4:00 PM
Monday, Wednesday & Friday	June 4, 6 & 8	4:00-7:00 PM
<input type="checkbox"/> CLASS FIVE—June 25-July 5, 2012		Registration Deadline: 6/11
Monday thru Thursday	June 25, 26, 27, 28, July 2, 3 & 5	9:00 AM-1:00 PM

OFFICE USE ONLY:	Paid \$ _____	Cash _____ Ck # _____	Initials _____
------------------	---------------	-----------------------	----------------

I am aware that this is a potentially dangerous activity and involves certain risks including but not limited to, risks from body contact, falls and collisions, carelessness, contact with equipment, weather problems, communicable diseases, heat exhaustion, sun exposure, drowning, ear infections, eye and skin irritations, risks from physical exhaustion, exposure to chemicals and other similar risks in a pool environment, stolen personal property, and physical confrontation with other participants and non-participants.

I understand these risks and on behalf of myself or my child or ward, I agree to indemnify and release Mills College, its officers, volunteers, agents, and employees and all sponsors from all liability, claims, damages, and actions, and related costs and expenses (including reasonable attorney's fees) that may arise out of participation by my child or ward in this activity.

As a parent/guardian or participant, I hereby consent to emergency treatment for my child or ward or myself as a result of an accident or injury. I further agree to pay any and all costs incurred as a result of said treatment.

I grant permission to Mills College to use any photographs taken of my child during this activity in promotion and/or advertisement of this program.

I have fully read this LIABILITY RELEASE, including the Participant Guidelines and Refund Policy on the reverse side of this form and understand their content. Furthermore, I have explained the significance of this release of liability and Participant Guidelines to my child or ward.

Signed _____ Date _____
 Participant (or Parent/Guardian if under age 18)