

# BELMONT RECREATION DEPARTMENT

## LIFEGUARD TRAINING COURSE

### 2012

**DATES:**      **Tuesdays**                      **Thursdays**  
March 13                      March 15  
March 20                      March 22  
March 27                      March 29  
April 3                      April 5  
April 10                      April 12

**SITE:**              Belmont High School – Pool and Classroom 113

**Time:**              6:00 P.M. – 9:00 P.M.

**FEE:**              **\$400\*\*Full Course**  
Make checks payable as follows:  
\$45.00:              Town of Belmont  
\$355.00              Sara Varella

**PRE-REQUISITES:**      Age 15 years and older  
Must be able to swim 500 yards continuously  
Tread water with legs  
Retrieve 10 lb object in 7 feet of water

**RECERTIFICATION CLASS**  
**March 14, 2012 CPR ONLY**  
**Belmont High School-**  
**Pool and Rm. 113**

**LGT\*\*.....\$200 payable to Sara Varella**  
**CPR.....\$100 payable to Sara Varella**

**All certifications now last two years**

**\*\*Dates for LGT certification TBA**

**NOTES: (\*\*All Certifications now last two years)**  
**ATTENDANCE FOR ALL CLASSES IS MANDATORY.**  
**Space is limited.**

**All participants must be registered for the course by March 2, 2012 by 4pm.** A late fee will be applied after registration date, and a spot in the class is not guaranteed.  
**Any cancellations made after March 2, 2012 will result only in a 50% refund, unless approved at the instructors' discretion.**

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Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Emergency # \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

I, the undersigned give permission for my child to participate in the Lifeguard Training Course sponsored by the Belmont Recreation Department. I do hereby waive, release, absolve, indemnify and agree to hold harmless the Belmont Recreation Department, the Directors, instructors, coaches, participants for any claim arising out of an injury(s) to my child.

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Date