

# Show the World What You're Made of — Be a Lifeguard



## Lifeguarding Course (Ages 15 Plus)

Register today for American Red Cross Lifeguard Training through the **Freetown-Lakeville Aquatic Program** at the **George R. Austin Intermediate School Pool**.

Learn lifesaving skills to help keep people safe in, on and around the water.

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**April 27<sup>th</sup>, 2010 – June 10<sup>th</sup>, 2010**  
(Tuesday & Thursday 6:30 PM – 8:30 PM)

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Please return your completed registration form to the pool at your earliest convenience.

If you have any questions, please contact us:  
[poolprograms@freelake.org](mailto:poolprograms@freelake.org)

These jobs are in high demand! Plus, American Red Cross certification is recognized nationwide so you can work anywhere in the U.S.

### Here's your chance to build your résumé and show the world what you can do:

- Prepare for college and a career by developing leadership and communication skills.
- Be a hero by learning lifesaving skills such as first aid and CPR.
- Have fun and earn good money at a job you love.

### All the information you'll need:

- Registration Fee - \$280.00
- Fee includes ARC LGT Course Book and Pocket Mask
- Course covers ARC Lifeguard Training, First Aid, CPR/AED for the Professional Rescuer, and Waterfront Lifeguarding.
- **Candidates must be at least 15 years of age by the last day of the course (6/10/2010).**
- **Candidates must pass a minimum swimming skills test on first day of the course in order to continue enrollment.**
- Classes meet Tues & Thurs from 6:30-8:30 PM at the George R. Austin Intermediate School Pool.
- Candidates should bring swim suits, goggles, towels, pen and notebook to each class.
- Each class will be divided into classroom and in-water instruction.



**Freetown-Lakeville Regional School District  
Community Recreation Department**

[www.freelakeaquatics.org](http://www.freelakeaquatics.org)  
[poolprograms@freelake.org](mailto:poolprograms@freelake.org)  
508-946-0734





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# SPRING 2010

## Swimming Anyone?

### American Red Cross Lifeguard Training April 27th - June 10, 2010

Participant Name	Date of Birth
1)	
2)	

**Please make all checks payable to FLRSD (Freetown-Lakeville Regional School District)**

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 -Classes meet Tues/Thurs from 6:30-8:30 PM at the Austin Intermediate School Pool.  
 -Candidates should bring swim suits, goggles, towels, pen and notebook to each class.  
 -Each class will be divided into classroom and in-water instruction

<b>Street Address</b>	
<b>City/State/Zip</b>	City/Town State Zip
<b>Phone</b>	
<b>Email Address</b>	
<b>Parent(s)/Guardian(s)</b>	
<b>Emergency Contact</b>	
<b>Medical Ins. Co. &amp; #</b>	
<b>Any Medical Conditions</b>	

I hereby release and save harmless the towns of Freetown and Lakeville, the Freetown-Lakeville Regional School Committee and the Freetown-Lakeville Regional School District any and all liability for any injuries, loss, or other claims arising out of or resulting from or incurred during the use of school facilities and property by the person or persons identified above. I agree, by my signature, to abide by the rules of fair play and good sportsmanship policies of the Community Recreation Program.

**\*Parent/Guardian Signature**

**Send Checks Payable To:** Freetown-Lakeville Regional School District or FLRSD  
 Freetown-Lakeville Aquatic Programs  
 98 Howland Rd.  
 Lakeville, MA 02347