

SAN MATEO ATHLETIC CLUB
AMERICAN RED CROSS
CERTIFICATION COURSE
LISTINGS/INFORMATION
2014

LIFEGUARD CERTIFICATION
LIFEGUARD RECERTIFICATION
CPR/AED CERTIFICATION





SAN MATEO ATHLETIC CLUB

AMERICAN RED CROSS LIFEGUARD CERTIFICATION COURSE

Course Description: Do you have what it takes to be a lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course. Participants must be at least 15 years of age.

Next LIFEGUARD Course Dates:

Sunday, May 11th – Friday, May 16th
Sunday: 1:30pm-7pm

Monday: 7:30pm-10pm

Tuesday, Wednesday, and Thursday: 6:30pm-10pm

Friday: 5pm-10pm

Saturday, May 24th – Monday, May 26th
8am-6pm each day

Tuesday, June 17th – Saturday, June 21st
8am-4pm Tuesday-Friday, 2pm-7pm Saturday

***note: 100% attendance is required to complete the course!

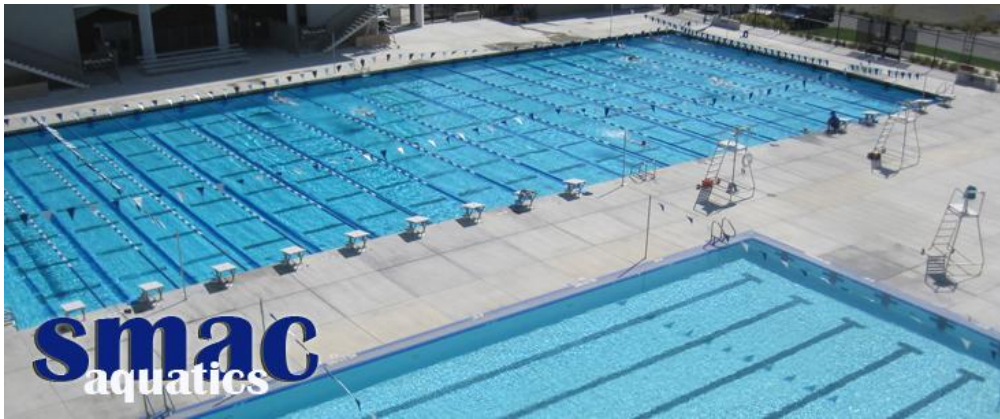
BE A LIFEGUARD

Cost: San Mateo Athletic Club Members: \$275

Guests: \$300

Payments can be made at the Courtesy Desk in the form of cash, check, or credit card. Please make checks out to: San Mateo Athletic Club. Payments must be received prior to the first day of the course in order to enroll. Participants must be at least 15 years of age to register.

For more information contact our Aquatics Desk at 650.378.7383



SAN MATEO ATHLETIC CLUB

AMERICAN RED CROSS LIFEGUARD RE-CERTIFICATION CHALLENGE COURSE

Course Description: This is a fast-paced review course with a main focus on the hands-on skills of Lifeguarding (CPR/AED/First Aid and Water Rescues). There will be limited time allocated to book review. Studying in advance ensures that participants get the most out of their recertification course and are better prepared to pass the written exams. Participants must be currently certified or have successfully completed an American Red Cross Lifeguard Training course within the last two years. Successful completion results in a 2-year certification renewal. Digital certificate available upon successful completion of course.



**Next LIFEGUARD
RECERTIFICATION CHALLENGE**

Course Dates:

Saturday, May 17th
Saturday, June 7th

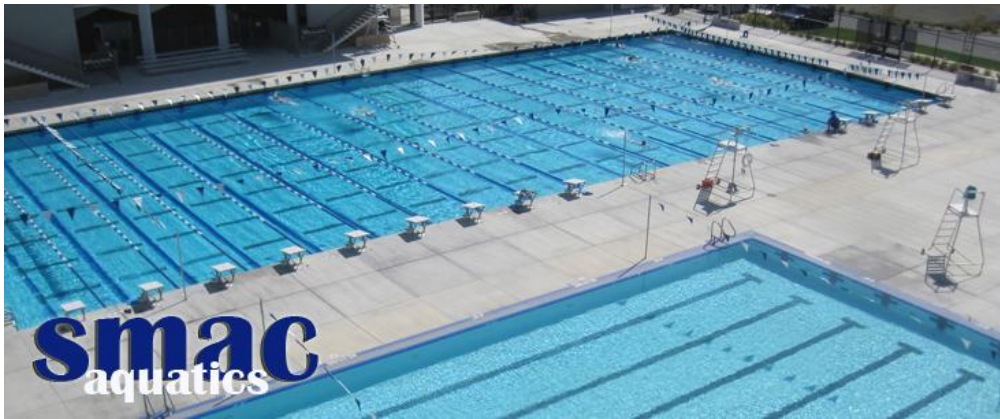
Class sessions are from 2pm-7pm

Cost: San Mateo Athletic Club Members: \$75

Guests: \$90

Payments can be made at the Courtesy Desk in the form of cash, check, or credit card. Please make checks out to: San Mateo Athletic Club. Payments must be received prior to the first day of the course in order to enroll. Participants must be at least 15 years of age to register.

For more information contact our Aquatics Desk at 650.378.7383



SAN MATEO ATHLETIC CLUB AMERICAN RED CROSS CPR/AED COURSE

Course Description: Learn how to provide care in cardiac or breathing emergencies. Through videos, group discussion and hands-on training, you'll learn how to save a life! Successful completion results in a 2-year certification in CPR/AED for the Professional Rescuer. Digital certificate available upon successful completion of course. Participants must be at least 15 years of age to register.



LEARN HOW TO SAVE A LIFE!



**Next Course Dates for
CPR/AED CERTIFICATION:**

Session III: Sunday, June 1st

Class sessions are from 11am-2pm

Cost: San Mateo Athletic Club Members: \$75

Guests: \$90

Payments can be made at the Courtesy Desk in the form of cash, check, or credit card. Please make checks out to: San Mateo Athletic Club. Payments must be received prior to the first day of the course in order to enroll. Participants must be at least 15 years of age to register.

For more information contact our Aquatics Desk at 650.378.7383

San Mateo Athletic Club

Registration Form for Adult Aquatics Programs/Certifications

Please submit this form to San Mateo Athletic Club's Courtesy Desk, fax to 650-378-7374, or scan and e-mail to smac.aquatics@smccd.edu

Participant's Full Name	Age	Member of SMAC? Y/N
Address	City	Zip Code
Home Phone #	Cell Phone #	E-Mail Address
Name of Emergency Contact	Relationship	Emergency Phone #

Private Lessons (please complete information below)

Preferred Schedule (days/times)	Instructor Preference (male/female, name of instructor etc...)
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Adult Group Swim Lessons (please check off appropriate level below)

- | | | |
|--------------------------|----------------------|---------------------------|
| <input type="checkbox"/> | Fearless Swimming | Fridays 5:30pm – 6:30pm |
| <input type="checkbox"/> | Fearless Swimming | Sundays 8:00am – 9:00am |
| <input type="checkbox"/> | Swimming with Ease | Mondays 6:30pm – 7:30pm |
| <input type="checkbox"/> | Swimming with Ease | Saturdays 8:00am – 9:00am |
| <input type="checkbox"/> | Swimming for Fitness | Tuesdays 6:30pm – 7:30pm |

Adult Group Swim Lessons Session Dates:

	Dates:	# of Weeks	SMAC Member Fees	Non Member Fees
<input type="checkbox"/>	January 13 – March 23	(10 weeks)	\$ 250	\$ 300
<input type="checkbox"/>	March 24 – June 1	(10 weeks)	\$ 250	\$ 300

Certification Courses:

<input type="checkbox"/>	Lifeguard Certification Course	\$ 275	\$ 300
<input type="checkbox"/>	Lifeguard Recertification Challenge Course	\$ 75	\$ 90
<input type="checkbox"/>	CPR/AED Certification	\$ 75	\$ 90

Start Date of Course: _____



SAN MATEO ATHLETIC CLUB AQUATICS PROGRAM WAIVER

Please read and sign the release below:

I, _____, have voluntarily requested to participate in swim lessons or certification programs offered by the San Mateo Athletic Club. I am aware that attending or participating in these activities involves risk of injury to person and property. I voluntarily accept and assume all risk from attending and participating in these activities. In consideration of being permitted to participate in these activities, I agree, on behalf of myself, my heirs, personal representatives and assignees, not to make any claim against or sue the City of San Mateo, College of San Mateo, San Mateo Athletic Club or any of their employees, officers, directors, agents, contractors, members or board members (collectively referred to as the "RELEASED PARTIES") for any injury or damage to myself, anyone else, or any property arising from the negligence, or other acts, however caused, of any of the Released Parties. In addition, I release and discharge the Released Parties from any and all actions, liabilities, losses, claims or demands that I, my respective heirs, personal representatives or assignees, have or may hereafter have for personal injuries to myself, anyone else, or property damage resulting from my attendance at or participation in swim lessons offered by the San Mateo Athletic Club. **I HAVE CAREFULLY READ THE LANGUAGE ABOVE. I UNDERSTAND THIS IS A COMPLETE RELEASE OF ALL LIABILITY, AS WELL AS A PROMISE NOT TO SUE OR MAKE A CLAIM.**

Date: _____

Name of Participant: _____

Signature: _____

Mail:

San Mateo Athletic Club
c/o Aquatics, Building 5
1700 W. Hillsdale Blvd.
San Mateo, CA 94402

Email/Website:

smac.aquatics@smccd.edu
<http://www.smccd.edu/sanmateoathleticclub/aquatics>

Fax:

650.378.7374