

SAN MATEO ATHLETIC CLUB
AMERICAN RED CROSS
CERTIFICATION COURSE
LISTINGS/INFORMATION
2015

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.

Next LIFEGUARD Course Dates:

SESSION 1: Friday, January 2nd – Monday, January 5th
DAY 1: 5:30pm-10pm DAY 2: 12pm-7pm DAY 3: 12pm-7pm Day 4: 8am-4pm

SESSION 2: Friday, February 13th – Monday, February 16th
DAY 1: 5:30pm-10pm DAY 2: 12pm-7pm DAY 3: 12pm-7pm Day 4: 8am-4pm

SESSION 3: Monday, March 23rd – Friday, March 27th
9am-3pm each day

SESSION 4: Monday, March 30th – Friday, April 3rd
9am-3pm each day

SESSION 5: Monday, April 6th – Friday, April 10th
9am-3pm each day

SESSION 6: Monday, April 20th – Friday, April 24th
9am-3pm each day

SESSION 7: Friday, April 24th – Monday, April 27th
DAY 1: 5:30pm-10pm DAY 2: 12pm-7pm DAY 3: 12pm-7pm Day 4: 8am-4pm

SESSION 8: Friday, May 22nd – Monday, May 25th
DAY 1: 5:30pm-10pm DAY 2: 12pm-7pm DAY 3: 12pm-7pm Day 4: 8am-4pm

SESSION 9: Monday, June 1st – Friday, June 5th
9am-3pm each day

SESSION 10: Monday, June 8th – Friday, June 12th
9am-3pm each day

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

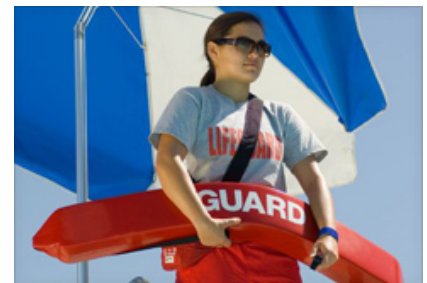
PLEASE NOTE: Course participants must be at least 15 years old and good swimmers*. They must be able to swim 300 yards using front crawl (freestyle), tread water without using their hands for 2 minutes, complete a timed event and retrieve a brick in 7 feet of water. If you are not a strong swimmer, please take swimming lessons before the lifeguard training class. You will NOT be able to continue in the class if you fail the swim test on the first day. To successfully complete the course, participants must attend all sessions, score at least 80% on two written tests and pass the practical portion of the exam.

Cost:

SMAC Members: \$275

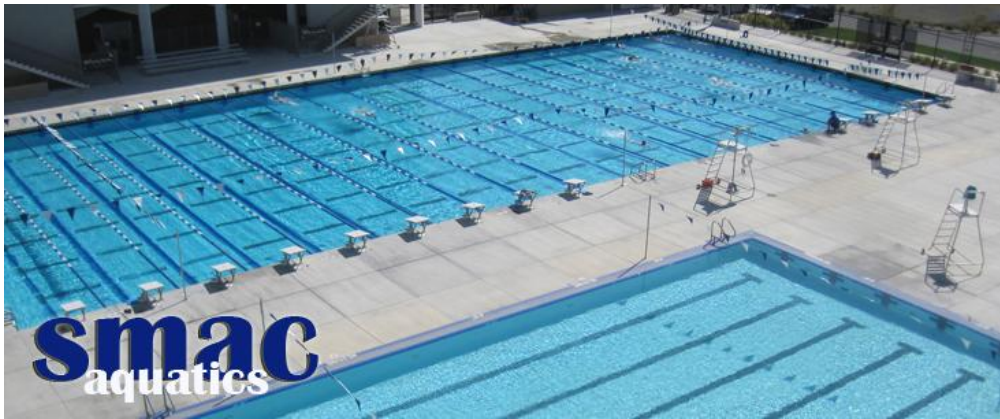
Guests: \$300

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

OR e-mail Samantha at fallons@smccd.edu



SAN MATEO ATHLETIC CLUB

AMERICAN RED CROSS

LIFEGUARD RECERTIFICATION COURSE

Course Description: This is a fast-paced two-day review course with a main focus on the hands-on skills of Lifeguarding (CPR/AED/First Aid and Water Rescues). 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.



LIFEGUARD RECERTIFICATION Course Dates:

December 6th and December 7th, 2014

DAY 1 (Saturday): 12pm-7pm

DAY 2 (Sunday): 12pm-7pm

January 10th and 11th, 2015

DAY 1 (Saturday): 12pm-7pm

DAY 2 (Sunday): 12pm-7pm

February 28th and March 1st, 2015

DAY 1 (Saturday): 12pm-7pm

DAY 2 (Sunday): 12pm-7pm

May 9th and 10th, 2015

DAY 1 (Saturday): 12pm-7pm

DAY 2 (Sunday): 12pm-7pm

July 18th and 19th, 2015

DAY 1 (Saturday): 12pm-7pm

DAY 2 (Sunday): 12pm-7pm

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

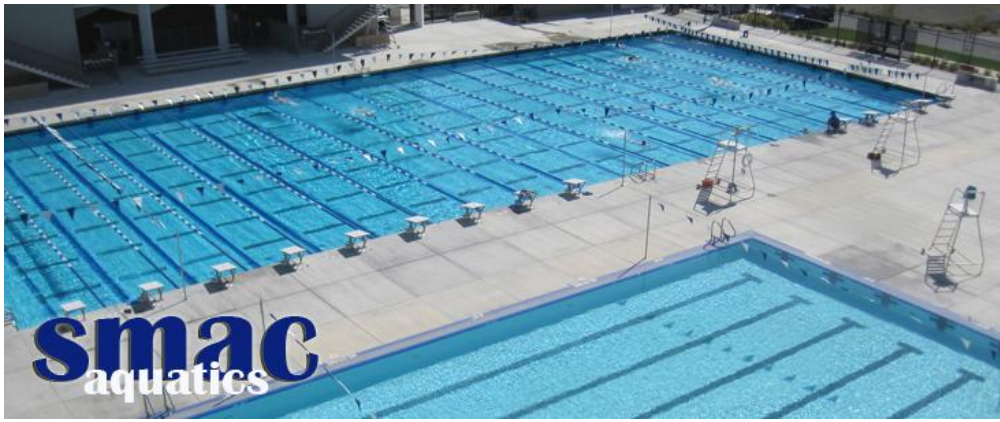
Cost: SMAC Members: \$125

Guests: \$150

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.

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OR e-mail Samantha at fallons@smccd.edu



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 for Adult, Child, and Infant. 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!



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.

**Next Course Date for
CPR/AED CERTIFICATION:
SUNDAY,
NOVEMBER 23rd**

Class session is from 11am-2pm

**REGISTER AT THE
COURTESY DESK
TODAY!**

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...)

FALL 2014 – SPRING 2015 Adult Group Swim Lessons (please check off appropriate level below)

- Fearless Swimming Wednesdays 5:30pm-6:30pm
- Fearless Swimming Saturdays 8:00am-9:00am
- Swimming with Ease Mondays 5:30pm-6:30pm
- Swimming with Ease Sundays 8:00am – 9:00am
- Swimming for Fitness Tuesdays 5:30pm-6:30pm

FALL 2014 – SPRING 2015 Adult Group Swim Lessons Session Dates:

	Dates:	# of Weeks	SMAC Member Fees	Non Member Fees
<input type="checkbox"/>	September 2 nd – November 10 th	(10 weeks)	\$ 250	\$ 300
<input type="checkbox"/>	January 10 th – March 22 nd	(10 weeks)	\$ 250	\$ 300
<input type="checkbox"/>	March 23 rd – May 31 st	(10 weeks)	\$ 250	\$ 300

Certification Courses:

<input type="checkbox"/>	Lifeguard Certification Course	\$ 275	\$ 300
<input type="checkbox"/>	Lifeguard Recertification Challenge Course	\$ 125	\$ 150
<input type="checkbox"/>	CPR/AED Certification	\$ 75	\$ 100

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