

# Red Cross Programs



**2012-2013**

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**JOIN  
TODAY**



**SAN MATEO  
ATHLETIC CLUB  
AQUATICS**



## Red Cross Lifeguard Certification Course

American Red Cross Lifeguard Training is a certification for all lifeguards. This course is designed to teach basic lifesaving and water safety skills recommended for pool supervision. Certifications include Lifeguarding, AED, CPR for the Professional Rescuer and First Aid. 100% attendance is required.

**Ages:** 15 & Up

**Dates/Times:**

Winter Session:	Friday, December 28 – Monday, December 31 8am – 6pm each day
Spring Break I:	Tuesday, March 26 – Saturday, March 30 Tuesday – Friday 10am – 4pm, Saturday 2pm – 6:30pm
Spring Break II:	Tuesday, April 2 – Saturday, April 6 Tuesday – Friday 10am – 4pm, Saturday 2pm – 6:30pm
Memorial Day:	Friday, May 24 – Monday, May 27 8am – 6pm each day
Summer Session:	Tuesday, June 18 – Saturday, June 22 Tuesday – Friday 10am – 4pm, Saturday 2pm – 6:30pm

## Red Cross Lifeguard Challenge Course

This course is for individuals who do not possess a current American Red Cross Certification for Lifeguarding/First and CPR/AED for the Professional Rescuer (certification must have expired in the last 12 months). Also for individuals who do possess a current American Red Cross Certification for Lifeguarding/First and CPR/AED for the Professional Rescuer may take a challenge course as often as they are offered and their certifications stay current.

**Ages:** 15 & Up

**Time:** 1pm – 6:30pm

**Date:** Session 1: Sunday April 14<sup>th</sup>      Session 2: Sunday May 19<sup>th</sup>      Session 3: Sunday June 23<sup>rd</sup>

## Red Cross CPR & AED Course

This course is designed to teach individuals how to respond using CPR and an AED in emergency situations. Participants learn how to perform CPR and care for breathing and cardiac emergencies in adults and how to use automatic external defibrillators.

**Ages:** 15 & Up

**Days:** Sundays

**Date:** Session 1: November 10<sup>th</sup>, 2012  
Session 3: Sunday May 5<sup>th</sup>, 2013

Session 2: February 24<sup>th</sup>, 2013

**Times:** 11:00am – 3:00pm

# BULLDOG AQUATICS AT THE SAN MATEO ATHLETIC CLUB 2012 - 2013 REGISTRATION FORM

Please submit this form to the San Mateo Athletic Club's courtesy desk or fax: (650)378-7374 or scan to smac.aquatics@smccd.edu

Participant's Full Name	Age	Date of Birth
Parents' Full Name	Member of SMAC?	
Address	City	Zip Code
Home Phone #	Work Phone #	E-mail
Emergency Contact	Relationship	Emergency Phone #

## Group Swim Lesson Fees

In addition: fill out a group lesson request form so that we know what days, times and levels you need.

	SMAC members:	Guests:
<input type="checkbox"/> Once a Week (10 lessons)	\$160	\$200
<input type="checkbox"/> Twice a Week (20 lessons)	\$360	\$400
<input type="checkbox"/> Stroke Development (1 hour)	\$360	\$400

## Private Swim Lesson Fees

	SMAC Members	Guests
Single Private Lesson (30 min)	\$40	\$55
5 Private Lessons (30 min)	\$185	\$210
10 Private Lessons (30 min)	\$350	\$400

## Semi Private Swim Lesson Fees

	SMAC Members	Guests
<input type="checkbox"/> Single Semi - Private Lesson (30 min)	\$30	\$35
<input type="checkbox"/> 5 Semi - Private Lessons (30 min)	\$135	\$160
<input type="checkbox"/> 10 Semi - Private Lessons (30 min)	\$250	\$300

## Swim Team Fees

	SMAC members:	Guests:
<input type="checkbox"/> Pre Team & Bronze	\$160 session	\$180 session
<input type="checkbox"/> Silver	\$200 session	\$220 session
<input type="checkbox"/> Gold I & Xtreme Swim	\$225 session	\$240 session
<input type="checkbox"/> Gold II	\$225 session	\$240 session

## American Red Cross Certifications

	SMAC members:	Guests:
<input type="checkbox"/> Lifeguard	\$275	\$300
<input type="checkbox"/> Lifeguard Challenge or CPR/AED	\$100	\$125

Please specify which class and the dates of the class you want to enroll in:

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# SAN MATEO ATHLETIC CLUB KIDS AQUATICS PROGRAM WAIVER

## Please read and sign the release below

I, \_\_\_\_\_, on behalf of myself and my child, \_\_\_\_\_, have voluntarily requested to participate in swim lessons 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 and my child, our 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 my child, 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 child, our respective heirs, personal representatives or assignees, have or may hereafter have for personal injuries to my child, myself, anyone else, or property damage resulting from my, or my child's, attendance at or participation in swim lessons offered by the San Mateo Athletic Club.

I grant to San Mateo Athletic Club, its representatives and employees the right to take photographs of participants in connection with marketing materials. I authorize the San Mateo Athletic Club, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I grant San Mateo Athletic Club the unrestricted right and permission to copyright and use, re-use, publish and re-publish photographic portraits or pictures of participants. I hereby relinquish any right that I may have to examine or approve the completed product(s) or the advertising copy or printed matter that may be used in conjunction therewith or the use to which it may be applied. **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.**

### **MEDICAL QUESTIONNAIRE**

Please list any physical disabilities, mental disabilities, allergies, illnesses, medications, or injuries we should know about.

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Date: \_\_\_\_\_ Name of Participant \_\_\_\_\_ Parent's Signature \_\_\_\_\_