

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

LIFEGUARD CERTIFICATION
LIFEGUARD RECERTIFICATION
CPR/AED CERTIFICATION
BABYSITTERS TRAINING





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 2015 LIFEGUARD Course Dates:

Monday, July 13th – 17th
9am-3pm each day

Monday, August 3rd – Friday, August 7th
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

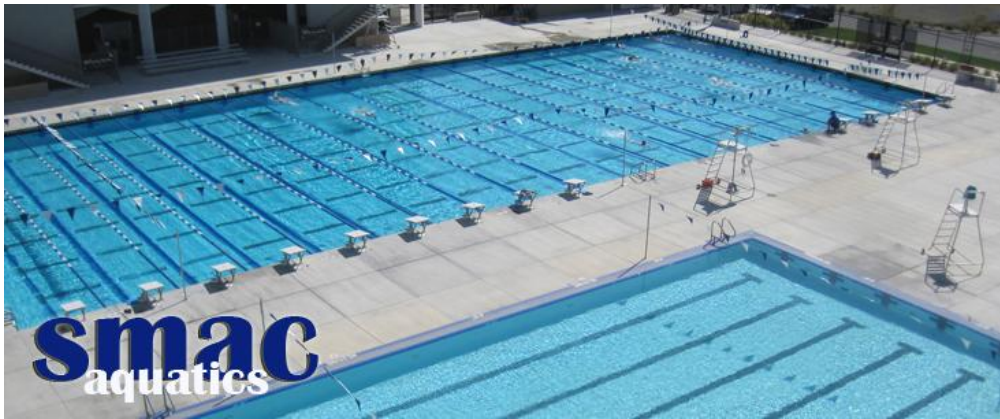
Guests: \$300

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.



2015 LIFEGUARD RECERTIFICATION

Course Dates (2 day Sessions):

July 18th and 19th

August 29th – August 30th

October 24th and 25th

December 12th and 13th

TIME: 12pm-7pm both days

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

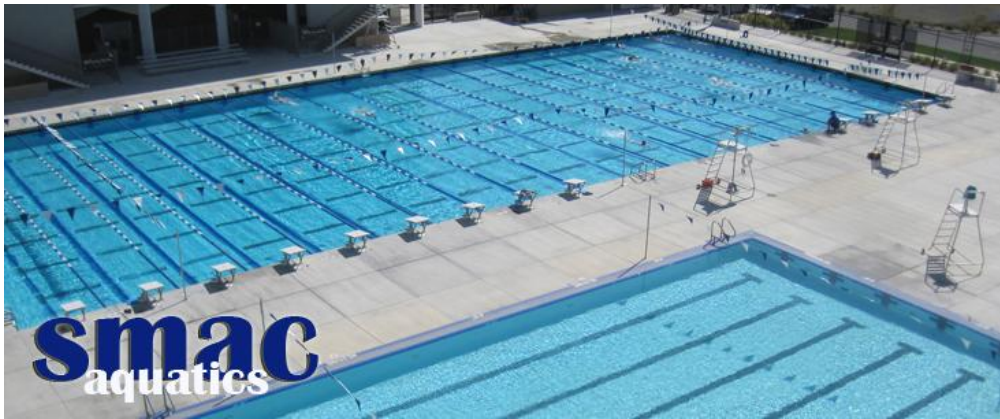
Cost: San Mateo Athletic Club Members: \$125

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.

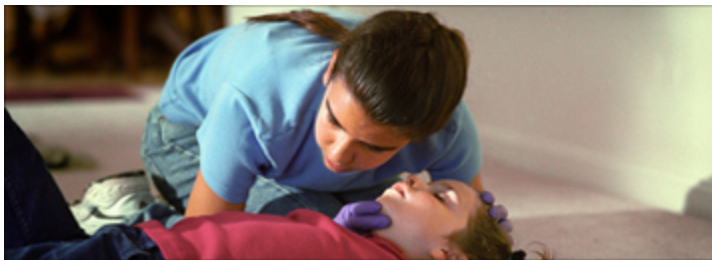
For more information contact our Aquatics Desk at 650.378.7383

OR e-mail Samantha at fallons@smccd.edu



SAN MATEO ATHLETIC CLUB AMERICAN RED CROSS 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!



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

Sunday, June 14th

Sunday, November 22nd

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

OR e-mail Samantha at fallons@smccd.edu



**SAN MATEO
ATHLETIC CLUB
AQUATICS**



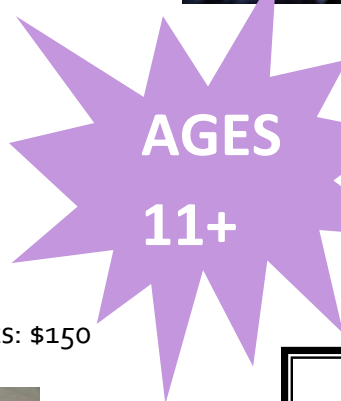
**American
Red Cross**

American Red Cross Babysitters Training (NEW!)

Through hands on training and classroom discussion, this course provides the knowledge and skills necessary to safely and responsibly care for infants and children up to the age of 10, as well as to manage a babysitting business! **Ages 11 and up.**

In class, you learn how to:

- Respond to emergencies with first aid, rescue breathing and more
- Make good decisions under pressure
- Communicate effectively with parents
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants
- Start your babysitting business
- Learn Basic First Aid and CPR



Cost:

Club Members: \$125

Guests: \$150



Become a
certified
Babysitter



For more information contact
Samantha at fallons@smccd.edu

Next 2 Day Session Dates for BABYSITTING TRAINING:

July 25th and 26th, 2015

August 8th and 9th, 2015

October 10th and 11th, 2015

December 5th and 6th, 2015

CLASS SESSIONS ARE FROM 12PM-6PM

Note: 100% attendance is required to complete the course!

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

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...)

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 Fridays 5:30pm-6:30pm
- Swimming with Ease Saturdays 12:00pm-1:00pm
- Swimming for Fitness Saturdays 1:00pm-2:00pm

2015 Adult Group Swim Lessons Session Dates:

- | | | | | |
|--------------------------|---|--------------------------|----------------------------|---------------------------|
| <input type="checkbox"/> | Dates:
June 1 st – August 22 nd | # of Weeks
(10 weeks) | SMAC Member Fees
\$ 250 | Non Member Fees
\$ 300 |
| | *no Friday classes on June 12 th , no Saturday classes on July 4 th or 11 th | | | |

2015 Certification Fees:

	SMAC Members	Guests
<input type="checkbox"/> Lifeguard Certification Course	\$275	\$300
<input type="checkbox"/> Lifeguard Recertification Course	\$125	\$150
<input type="checkbox"/> CPR/AED Certification Course	\$75	\$90
<input type="checkbox"/> Babysitting Training Course	\$125	\$150

Please write the start date of the course requested: _____



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