



City of Glendale Parks & Recreation

Fall 2009 - Spring 2010



American Red Cross Lifeguard Training and CPR/AED for the Professional Rescuer

After successful completion of this course, participants will receive two certifications: American Red Cross Lifeguard Training, and CPR/AED-PR. This certification does not guarantee a position with the City of Glendale, but provides participant with the necessary certifications to apply for an aquatics position. Lifeguard Training certification will expire three (3) years from the date of issue and the CPR/AED-PR certification will expire one (1) year from the date of issue. Please note that it is absolutely imperative that participants attend all sessions of the class. We are UNABLE to make up missed classes for any reason, or make refunds once a class has begun.

- Minimum Age:** 15 years old by the last day of the course for which you signed up. Proof of age will be verified at the first class. Please bring a state issued ID or birth certificate to the first class.
- Registration:** Begins 10/1/09 and ends when each class fills or at 3pm on the business day before each pre-test/course begins. We require 8 minimum participants per class. If a class is not filled, it will be cancelled the previous business day at 3pm and all participants will be notified via telephone and email (if provided). You may register online, in person, or by phone. Online: www.glendaleaz.com/ParksandRecreation/OnlineRegistration.cfm
In-person: Parks & Recreation Office, 5850 W Glendale Ave. Phone: 623.930.2820 with a Visa, MC, or Amex ready. Please have course code ready when registering.
- Cost:** Residents – \$125.00 and Non Residents – \$150.00
- Location:** Classes will be held at the Foothills Recreation & Aquatic Center, 5600 W Union Hills Blvd. unless otherwise noted. All pool locations and times are subject to change due to availability.
- Format:** **PARTICIPANT MUST ATTEND EVERY SCHEDULED DATE AND TIME TO PASS. NO REFUNDS/MAKE UPS CAN BE GIVEN FOR MISSED CLASSES.** Books and pocket masks are included.
- Prerequisite:** Participants must be strong swimmers (Red Cross level 4 swimming skills or equivalent). The pre-test will consist of swimming 300 yards continuously, (100 freestyle, 100 breast stroke and 100 choice of freestyle or breaststroke). Participants must also swim 20 yards from wall, retrieve a 10-pound brick from 7ft. of water and swim with the brick 20 yards back to the side of the pool within 1 minute 45 seconds.
- Refunds:** No refunds/credits are given, with exceptions for a class cancelled by the City of Glendale, or for participants not able to pass the pre-test of a particular course. In this case, the participant may be issued a refund if requested on the same day as the pre-test by calling 623.930.2838. Please leave a voicemail message if we are not available.

536561-21 Winter Break Lifeguard & CPR/AED

Class #1 (Max 20)

Sat	Dec 19	10a-12p Pre- test
Mon	Dec 21	9a-4p
Tues	Dec 22	9a-4p
Wed	Dec 23	9a-4p
Mon	Dec 28	9a-4p
Tues	Dec 29	9a-4p
Wed	Dec 30	9a-4p

536561-22 Lifeguard & CPR

Class #2 (Max 20)

Sat	Feb 13	10a-12p Pre-test
Mon-Fri	Feb 15-19	6:30p-9:30p
Mon-Fri	Feb 22-26	6:30p-9:30p

536561-23 Lifeguard & CPR

Class #3 (Max 20)

Sat	Feb 27	10a-12p Pre-test
Mon-Fri	Mar 1-5	6:30p-9:30p
Mon-Fri	Mar 8-12	6:30p-9:30p

536561-24 Spring Break Lifeguard & CPR

*Class #4 (Max 20) *Lunch break will be provided. Bring your lunch!*

Sat	Mar 13	10a-12p Pre-test
Mon-Fri	Mar 15-19	9a-4p

536561-25 Lifeguard & CPR

Class #5 (Max 20)

Sat	Mar 20	10a-12p Pre-test
Mon-Fri	Mar 22-26	6:30p-9:30p
Mon-Fri	Mar 29- Apr2	6:30p-9:30p



Online Registration: <http://www.glendaleaz.com/ParksandRecreation/OnlineRegistration.cfm>

For more information, please call 623.930.2838.



City of Glendale Parks & Recreation Spring 2010



American Red Cross Water Safety Instructor Certification Course

Water Safety Instructor certification is required to coach swim & dive teams and to teach swimming lessons in an American Red Cross Learn to Swim Program. If passed, water safety certification will expire on December 31st of the following year. Please note that certification does not guarantee employment in the City of Glendale Aquatics Program.

Minimum Age: 16 years old by the last day of the course for which you signed up. Proof of age will be verified at the first class. Please bring a state issued ID or birth certificate to the first class.

Registration: Begins 10/1/09 and ends when each class fills or at 3pm on the business day before each pre-test/course begins. We require 8 minimum participants per class. If a class is not filled, it will be cancelled the previous business day at 3pm and all participants will be notified via telephone and email (if provided).
Please call 623.930.2820 to register by phone. Have the course code and a credit card available.
Online Registration: <http://www.glendaleaz.com/ParksandRecreation/OnlineRegistration.cfm>

Cost: Residents – \$125.00 and Non Residents – \$150.00

Location: Classes will be held at Foothills Recreation & Aquatics Center, 5600 W Union Hills Blvd. unless otherwise noted. All pool locations and times are subject to change due to availability.

Format: **PARTICIPANT MUST ATTEND EVERY SCHEDULED DATE AND TIME TO PASS. NO REFUNDS/MAKE UPS CAN BE GIVEN FOR MISSED CLASSES.** All books are included. First class is set aside for a pre-test and FIT certification. FIT stands for Fundamentals of Instructor Training, and is a required part of this course.

Prerequisite: Participants must have basic knowledge of, and ability to correctly demonstrate swimming freestyle, backstroke, breaststroke, butterfly, elementary backstroke, and side stroke. Participants who do not pass the pre test on the first day are eligible for a full refund if they call 623.930.2838 and request refund on the day of the pre-test. Please leave a message if we are unavailable to answer.

536562-21 WSI Class #1 (Max 30)

Sat	Apr 3	10a-6p Pretest & FIT
M,W,TH	Apr 5, 7, 8	6:30p-9:30p

Sat	Apr 10	9a-12p
M,W,TH	Apr 12,14,15	6:30p-9:30p
M,W	Apr 19,21	6:30p-9:30p

536562-22 WSI Class #2 (Max 30)

Sat	Apr 17	10a-6p Pretest & FIT
T,TH,F	Apr 20,22,23	6:30p-9:30p

Sat	Apr 24	9a-12p
M,T,W,TH	Apr 26-29	6:30p-9:30p
Sat	May 1	9a-12p



Online Registration: <http://www.glendaleaz.com/ParksandRecreation/OnlineRegistration.cfm>
 For more information please contact (623) 930-2838.