



2011 American Red Cross Aquatics Programs

Conducted By

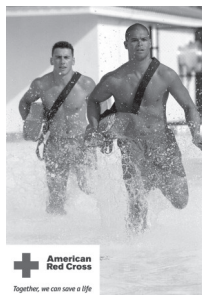
Pier-Lon Park

The instructors would like to thank you for making Pier-Lon Park Aquatic Programs the best in the area for over 25 years!

New participants, we are glad that you have chosen a facility with known success in aquatics programs!

If you have any questions, please feel free to call (330)441-1778 for Swim Lesson information or call (330)441-1777 for Lifeguard Training information or visit www.pier-lonpark.com/aquatics

Course Descriptions



Lifeguard Training

The American Red Cross lifeguard training provides a safety team with the essential safety skills and knowledge for a first-rate facility. This program prepares participants for employment as lifeguards at various facility types. **Participants will learn:** to understand the value of professionalism, identify behaviors of swimmers, understand emergency action plans, perform equipment-based rescues, provide first aid and care for cardiac and breathing emergencies, and recognize and care for possible head, neck and back injuries. Successful completion of the lifeguard training offered at Pier-Lon Park includes certification in Lifeguarding/First Aid and CPR/AED for Lifeguards. **Prerequisites:** Participants must demonstrate ability to swim 300 yards continuously, retrieve an underwater object, and be 15 years of age by the end of the class. Participants will receive an approved Fox 40 Whistle, all Red Cross Training Material, additional training material created by our instructors, and many more **benefits only offered at Pier-Lon Park!**

Learn to Swim and Preschool Aquatics

This program emphasizes water safety while introducing swimming, diving, and other fundamental activities. The Learn to Swim program offers six levels of progression and the new Preschool Aquatics program offers 3 levels of progression. After completing level six, participants will be ready to swim as a form of exercise and/or prepare for a lifeguard training course. Past participants have always come back to Pier-Lon Park after they have experienced our successes!

Preschool Aquatics

Level 1: Developed for participants 4 to 5 years old. Objectives include submerging mouth, blowing bubbles, gliding in water on front and back for 2 body lengths, roll from front to back, simultaneous arm and leg actions, retrieve submerged object, and water safety topics.

Level 2: Build on basic aquatic skills learn in Level 1. Objectives include bobbing, front and back floats and glides, roll from back to front, tread water, swim 3 body lengths with combined arm and leg actions, finning arm action on back, and water safety topics.

Level 3: Increase proficiency of skills learned in Levels 1 & 2. Objectives include front & back float, roll to back, and recover in chest deep water, fully submerge and hold breath, change direction while swimming, swimming combined 10 body lengths, and safety topics.

Learn to Swim Program

Level 1: Developed for participants at least 6 years old. Objectives include bobbing, retrieve submerged objects, front and back floats and glides, tread water, roll front to back and reverse, combined arm and leg actions, recognize emergency, recognize safe habits and lifeguards.

Level 2: Develop fundamental skills and increased distances of level 1 objectives. Objectives include submerge and hold breath, front/jellyfish/tuck floats, tread water, change direction while swimming, water safety topics.

Level 3: Build on the skills in Level 2 by providing additional guided practice in deeper water. Objectives include deep water entry, rotary breathing, survival float, back float, tread water, flutter/scissor/dolphin/breaststroke kicks on front, front crawl 15 yards, elementary backstroke 15 yards, perform nonswimming assists, recognize and prevent cold water emergencies.

Level 4: Develop confidence in the strokes learned and improve other aquatic skills. Objectives include deep water entry, swim under water, feet-first surface dive, survival swimming, front/back crawl open turns, tread water, front/back crawl 25 yards, elementary backstroke 25 yards, breaststroke 15 yards, sidestroke, butterfly, flutter/dolphin kicks on back, how to act when exhausted and what in dangerous aquatic situations.

Level 5: Provide further coordination and refinement of strokes. Objectives include shallow-angle dive, tuck and pike surface dives, front/back flip turn, front/back crawl 50 yards, elementary backstroke 50 yards, breaststroke 25 yards, sidestroke, butterfly, sculling, basic safety guidelines at waterparks, understand importance of knowing first aid and CPR.

Level 6 - Personal Water Safety: Refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Objectives include front/back crawl 100 yds., butterfly 50 yds., elementary backstroke 50 yds., breaststroke 50 yds., sidestroke 50 yds., open and flip turns for all strokes, tread water 2 min., HELP position, huddle position, survival float and swimming, swim while clothed, swim 500 yds. continuously, retrieve object in deep water and swim 20 yds., demonstrate self-rescue techniques, boating safety.



Additional Forms & Info Available at
www.pier-lonpark.com/aquatics

Take Your First Step To Water Safety...

...Register
for classes

Today!

2011 American Red Cross Aquatics Programs

Conducted by Pier-Lon Park

----- REGISTRATION FORM -----

PLEASE READ COURSE DESCRIPTIONS ON REVERSE SIDE

Place a check next to the desired course

<input type="checkbox"/> Learn to Swim Session 1	June 27 - July 1	1 hr. lessons, mornings Mon. - Fri.	Member - \$39, NM - \$45
<input type="checkbox"/> Learn to Swim Session 2	July 12 - 22	45 min. lessons, mornings Tue.-Fri.	Member - \$39, NM - \$45
<input type="checkbox"/> Lifeguard Challenge Recertification	Email swim@pier-lonpark.com for more information		\$50 per participant
<input type="checkbox"/> CPR-PR Review Recertification	**See Note Below**		\$60 per participant**

**The CPR program has been completed revised for 2011. Participants will receive new training material and review changes to the CPR program. Also note that beginning with this course, CPR recertification will be required EVERY OTHER YEAR, not every year.

Member rates are for participants listed on the registration form of a 2010 season camper membership or a 2011 beach season pass/membership. Non-Member (NM) rates are for anyone not listed as a member as described above.

ONE PARTICIPANT PER FORM PLEASE Additional forms available at www.pier-lonpark.com/aquatics

Participant Name _____

Age _____

Parent/Guardian's Name (if under 18yrs.) _____

Street Address _____

City _____

State _____

ZIP _____

Home Phone _____

Cell/Work Phone _____

Email _____

Additional forms available at www.pier-lonpark.com/aquatics

PLEASE read the REVISED course descriptions and CIRCLE the most appropriate level here.

For the Preschool Aquatics Program circle one level:

PA1

PA2

PA3

--- OR ---

For the Learn to Swim Program circle one level:

LTS1

LTS2

LTS3

LTS4

LTS5

LTS6

Preferred Class
Time _____:

Additional Comments: _____

(WE WILL CALL YOU WITH YOUR APPROVED TIME OR YOU CAN CALL US UP TO ONE WEEK BEFORE THE FIRST DAY)

Release Form: By Signing this, the undersigned releases and absolves Pier-Lon Park, the American Red Cross, the Instructors and Aides, and their representatives from any and all claims, demands, and causes of action arising out of this participation in the above program. I, or my child, named above who is in good health and physically able to participate in the above program(s) is hereby given permission to do so. I assume responsibility to inform the is instructors of any medical conditions that may exist, and to abide by all the rules and regulations set forth by the American Red Cross, Pier-Lon Park, and their representatives. Further agree to indemnify and hold Pier-Lon Park harmless from any claims, liabilities, judgments, and costs whatsoever arising out of any action taken by the participant as a result of participations in the above program. I have read the Release Form and understand and agree to abide by all the aforementioned policies.

Signature _____ Date _____

(must be signed by parent/guardian for child under 18 years of age)

Method of Payment:

Cash

Check # _____

Visa

MasterCard

Discover

Make Checks Payable to: Pier-Lon Park 6097 Vandemark Rd. Medina, OH 44256

Credit Card #: _____ Exp. Date ____/____

Card Holder Name _____ Signature _____

FOR OFFICE USE ONLY

FOR OFFICE USE ONLY

FOR OFFICE USE ONLY

FOR OFFICE USE ONLY

Date Paid: _____

APPROVED CLASS TIME _____:_____

C / LM ____/____ ____:_____

Amount Paid:\$ _____

Instructor/Comments/Notes: _____

Accepted By: _____
