

## Spring 2019

### Class Dates/Times-Blended Learning

Blended learning combines online learning with on-site skills sessions where you will practice skills and demonstrate competency. Please plan to complete all online lessons prior to your first on-site skills session.

#### March

March 9<sup>th</sup> & 10<sup>th</sup>

#### April

April 6<sup>th</sup> & 7<sup>th</sup>

#### May

May 18<sup>th</sup> & 19<sup>th</sup>

### Class Times

#### Saturday & Sunday

8:00am – 6:00pm

\*Class length based on 10 participants.

### Min/Max

5/10

### Cost

**\$250** (Full course)

**\$25** non-refundable deposit is due at the time of registration (deposit is deducted from total cost).

*Deposit will only be refunded if class is cancelled.*

**(All Payments are made directly to the instructor)**

**\*\*Cash or Check ONLY**



**American  
Red Cross**

### Registration

To register, contact Torrey Teal, the Aquatics Manager

Phone: 444.7751

Email: [Torrey.teal@hooveralabama.gov](mailto:Torrey.teal@hooveralabama.gov)

### Instructor

Torrey Teal

### Prerequisites

Must be at least 15 years old (proof of age is required; students must have parental consent if under the age of 18)

Swim 300yds continuously demonstrating breath control and rhythmic breathing

Tread water for 2 minutes using only the legs

Complete a timed event within 1 minute, 40 seconds

Start in the water, swim 20 yards

Surface dive, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10-pound object

Surface and swim 20 yards on back with both hands holding object

Exit the water using a ladder or steps

**Note:** Skills will be done on the first day of class. Full payment is due upon successful completion of skills.

### Certifications:

American Red Cross Lifeguarding/First Aid/CPR/AED (valid 2 years)

### Class Needs:

Swim suit, towel, pen or pencil, notepad

