



Durham Parks and Recreation
Campus Hills Pool
 2000 South Alston Ave.
 Durham, NC 27707
 919-560-4444



Certification Training Courses
 Winter/Spring 2010

Lifeguard Training

Cost: City Resident PC* \$185 City Resident NPC** \$204
 Non-city Resident PC* \$205 Non-City Resident NPC** \$254

Upon successful completion of this course, participants will be certified as American Red Cross Lifeguards. Course includes CPR/AED for Lifeguards and First Aid training. The course fee includes a textbook and a pocket mask.

Pre-requisites: Participants must be at least 15 years of age (by last day of the course); must be able to swim 300 yards continuously using the following strokes: 100 yards front crawl, 100 yards breaststroke (skill must be demonstrated using a pull, breathe, kick glide sequence) and 100 yards of either front crawl or breaststroke. Participants must also be able to swim 20 yards, retrieve a ten-pound object from 7 feet below the surface, and return to the starting point with their faces out of water (with both hands on the object), and exit the pool in 1 min 40 sec.

Sessions:	Days/Times
March 19 - 28	Fri 5:30pm-8:30pm, Sat 9am-5pm & Sun 12pm-6pm
April 5 - 9*	Mon – Fri 8am–6pm
April 16 - 25	Fri 5:30pm-8:30pm, Sat 9am-5pm & Sun 12pm-6pm
April 30 – May 9	Fri 5:30pm-8:30pm, Sat 9am-5pm & Sun 12pm-6pm
May 14 - 23	Fri 5:30pm-8:30pm, Sat 9am-5pm & Sun 12pm-6pm

* This session, called "Durham Aquatic School" is offered free of charge to Durham Public School students during their spring break. Participants must submit an application, obtainable at the Campus Hills Pool, and also on the DPR website (www.DPRPlayMore.org) Space is limited.

Lifeguard Training Instructor

Cost: City Resident PC* \$200 City Resident NPC** \$220
 Non-City Resident PC* \$250 Non-City Resident NPC** \$270

Upon successful completion of this course, participants will be certified to teach American Red Cross Lifeguard Training and its components. Course fee includes the Lifeguard Training Instructor Manual.

Pre-Requisites: Participants must be at least 17 years of age. They must have a current or recently expired American Red Cross Lifeguard Training/First Aid certificate, and a CPR/AED for the Lifeguard certificate, within the last six months. They must pass a pre-course session which tests knowledge and skills in lifeguarding, CPR/AED, and first aid. They must possess a "Fundamentals of Instructor Training Certificate" (FIT) issued within the last year, or a current National Health and Safety Services Instructor Authorization Certificate. (FIT courses are offered at the Campus Hills Pool. See listing on back). Participants must also have a copy of the Lifeguard Training manual (revised 2007) and a pocket mask. These items may also be purchased at the Campus Hills Pool. The cost is \$35 for the manual and \$15 for the pocket mask.

Sessions:	Days/Times
April 5 - 9	Mon – Fri 8am–6pm
April 30-May 9	Fri 5:30pm-8:30pm, Sat & Sun 8am-6pm

Continued on back

Water Safety Instructor (W.S.I.)

Cost: City Resident PC* \$185 City Resident NPC** \$204
Non-City Resident PC* \$205 Non-City Resident NPC** \$254

Upon successful completion of this course, participants will be certified to teach American Red Cross Learn-To-Swim classes. Course fee includes two manuals.

Pre-requisites: Participants must be at least 16 years old (by the last day of the course). They must pass a swimming pre-test consisting of: 25 yards front crawl, 25 yards back crawl, 25 yards breaststroke, 25 yards elementary backstroke, 25 yards sidestroke, 15 yards butterfly, back float for one minute, and treading water for one minute. They must possess a "Fundamentals of Instructor Training Certificate" (FIT) issued within the last year, or a current National Health and Safety Services Instructor Authorization Certificate. (FIT courses are offered at the Campus Hills Pool. See listing below)

Session: **Days/Times**

May 14 – May 26 Fri 5:30pm – 9 p.m.; Sun Noon-6pm; Mon & Wed 5:30pm-9pm

Note: *This course begins on a Friday. This is the only Friday of the course. Following two weeks meet on Sunday, Monday, and Wednesday.*

CPR/AED for the Professional Rescuer/Lifeguard Review

Cost: City Resident PC* \$50 City Resident NPC** \$55
Non-City Resident PC* \$60 Non-City Resident NPC** \$65

This class re-certifies participants in American Red Cross CPR/AED for the Professional Rescuer/Lifeguard.

Pre-requisites: Participant must have a current, or recently expired (within last six months) Red Cross CPR/AED for the Professional Rescuer/Lifeguard. Participants need a copy of the current Lifeguard Training manual (revised 2007) OR a CPR/AED for the Professional Rescuer manual. A pocket mask is also required. These items may be purchased at the Campus Hills Pool. The cost is \$35 for the Lifeguard Training manual, \$13 for the CPR/AED manual, and \$15 for a pocket mask.

Sessions: **Days/Times**

May 1 (Holton Career & Resource Center) Sat 9am – 5pm

May 3 – 5 Mon, Wed 5:30pm – 9pm

May 25 – 27 Tue, Thu 5:30pm – 9pm

Fundamentals of Instructor Training (FIT)

Cost: City Resident PC* \$25 City Resident NPC** \$28
Non-City Resident PC* \$30 Non-City Resident NPC** \$38

This course is a pre-requisite for persons wishing to enroll in American Red Cross instructor-level courses. Participants will learn about the American Red Cross' history, structure, and services. The class prepares students to teach Red Cross courses and introduces them to the policies and procedures for course consistency and proper reporting. Course fee includes a participant manual.

Sessions: **Days/Times**

April 29 Wed 5:30pm-9pm

May 12 Wed 5:30pm-9pm

Guard Start: Lifeguarding Tomorrow!

Cost: City Resident PC* \$20 City Resident NPC** \$22
Non-City Resident PC* \$25 Non-City Resident NPC** \$27

Participants must be 11-14 years of age. Participants will get a jump start on securing a future job as a lifeguard by completing the American Red Cross Guard Start: Lifeguarding Tomorrow course. Participants will learn the responsibilities and duties of a lifeguard. This class focuses on five key areas: Prevention, Fitness, Response, Leadership, and Professionalism. Participants must be able to swim 25 yards (one length of the pool) to enroll.

Session: **Days/Times**

April 6 – 9 Tue-Fri 8am – 6pm

***PC = Play More Card **NPC = Non-Play More Card**

With the "DPR Play More Card", participants pay the lowest fee associated with DPR programs, based on residency. The card is renewable annually and includes photo identification for quick entry into DPR facilities. For information on purchasing a Play More Card, please call (919) 560-4444.