

# 2019 AQUATICS TRAININGS

Midco Aquatics Center, Sioux Falls SD 57105



American  
Red Cross

## BLENDING LEARNING LIFEGUARDING INSTRUCTOR

### DESCRIPTION:

The instructor course is offered in a blended learning format with both an online session and a classroom component

### Prerequisites:

- 17 years old by the end of the course.
- Possess a current American Red Cross Certificate for Lifeguarding/First Aid/CPR/AED

### Pre Course Skills:

- Swim 300 yards **continuous** using front crawl (using rotary breathing and a stabilizing, propellant kick), and breaststroke (using an effective pull, breathe, effective whip kick, and glide sequence.)
- Tread water for 2 minutes using legs only
- Swim 20 yards, retrieve 10-lb. brick from 10 ft. depth, and tow back to start point with both hands on brick and exit water in 100 seconds

The precourse skills session will evaluate your lifeguarding, first aid, CPR and AED skills. If you do not demonstrate competency in the precourse skills sessions, you will not be able to continue in the Lifeguarding Instructor Course.

### COST-\$355

All fees are due at the time of registration.

### Saturday and Sunday

**February 9**

**8am-8pm**

**February 10**

**8am-8pm**

## 2019 LIFEGUARD INSTRUCTOR-R

### DESCRIPTION

**The Lifeguard Instructor Review** course will include an administrative review of Red Cross Programs, policies and systems followed by an in-water, practice and polish skills session. During the in-water skills session, instructors will practice skills with their peers. Instructors who wish to gain a basic-level certification will also have the opportunity to "test out" at the end of this session to earn a basic-level Lifeguarding/First Aid/CPR/AED certification.

### Prerequisites:

- Participants must hold a current American Red Cross Lifeguarding Instructor Certification

### Required Material:

- Pocket Mask
- Hip Pack

### COST-\$175

All fees are due at the time of registration.

**Sunday February 10**

**1pm to 5pm**

**Sunday February 25th**

**1pm-6pm**

## REGISTRATION:

***Please fill out the second page and return it with payment by:  
Friday February 1, 2019***

***Please send to:***

***Bruce Kleinsasser***

***LGIT***

***1220 N Lloyd***

***Aberdeen SD 57401***

***Cell number:***

***605-380-9815***

***E-mail:***

***bruce.kleinsasser@avera.org***

***Both Classes will Be Held  
At the following location:***

**Midco Aquatics Center**

**1601 S Western Ave**

**Sioux Falls SD 57105**

## IMPORTANT INFO:

- Registration is due at least **ONE WEEK** prior to class start date for Lifeguard Instructor Class.
- **NO REFUNDS**
- **\$25 LATE FEE** is applied for registrations after due date.
- The American Red Cross charges an additional **\$35** fee to access the online portion for the LIFEGUARD INSTRUCTOR Course
- Class sizes are limited. Register as soon as possible.
- Attendance at all classes offered is mandatory.
- Must bring a proof of age to course.

**Questions? Contact: Bruce Kleinsasser**

**bruce.kleinsasser@avera.org • 605.380-9815**



American Red Cross

Participant's Name: \_\_\_\_\_  Male  Female DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**E-mail (required):** \_\_\_\_\_

*\*If participant is under 18 yrs old, please fill out information below:*

Father/Guardian Name: \_\_\_\_\_ Mother/Guardian Name: \_\_\_\_\_

Father's Cell/Work Phone: \_\_\_\_\_ Mother's Cell/Work Phone: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(if under 18 yrs old)

Signature of Parent/Guardian and Participant on the registration form indicates permission to participate in the program/ programs and the authorization to use promotional photos of participants. I release Bruce Kleinsasser and its Midco Aquatics staff members from all claims of any injuries which may be sustained by participants while partaking in safety trainings. If medical attention is required, I give permission for such medical care.

**PAYMENT: Please Circle the Class you will be attending**

**2018 -19  
LIFEGUARD INSTUCTOR  
REVIEW COURSE:**

SUNDAY  
Midco Aquatics Center  
February 10, 2019  
1pm-6pm

**\$175**

**Course  
Held @**

*Midco Aquatics  
Center*

**1601 South  
Western Ave  
Sioux Falls  
SD 57105**

**2019  
LIFEGUARD INSTUCTOR  
COURSE:**

Saturday and Sunday  
Midco Aquatics Center  
February 9 and 10, 2019  
8am-8pm both days

**\$355**

All Registration  
Needs to be sent  
To

**BRUCE KLEINSASSER  
LGIT  
1220 N Lloyd  
ABERDEEN, SD 57401**

**All Checks Payable to:  
Bruce Kleinsasser**

**THE FULL LGI/REVIEW AND LGI COURSES  
INCLUDE MATERIALS**

**TOTAL FEES \$ \_\_\_\_\_**

Payment in FULL is REQUIRED upon registration

- Cash
- Check

All Checks payable to  
**Bruce Kleinsasser**

**OFFICE USE ONLY:**

Amount Paid:\$ \_\_\_\_\_ Check # \_\_\_\_\_ Staff Initial \_\_\_\_\_  
Date Paid: \_\_\_\_\_