



Northampton Aquatic & Family Center at JFK Middle School, 100 Bridge Road, Florence, MA 01062

American Red Cross Waterfront Module Spring & Summer 2020



Two Separate Sessions:

Session I (one day): **May 23:** **9:30 am - 10:30 am** (Pre-course requirements Swimming Test)
11:00 am - 4:00 pm (Waterfront Classroom, Pool, & Beach)

Session II (two days): **June 27:** **9:30 am - 10:30 am** (Pre-course requirements Swimming Test)
June 28: **11:00 am - 4:00 pm** (Waterfront Classroom, Pool, & Beach)

Pre-course Requirements:

- ◆ Need current lifeguarding certificate.
- ◆ Ability to pass swim test 550 yards (22 lengths) continuously, demonstrating breath control and rhythmic breathing) using front crawl or breaststroke. Goggles allowed.
- ◆ Tread water for two (2) minutes using only the legs (hands under arms)
- ◆ Complete within 1 minute, 40 seconds: From shallow end of pool, swim 20 yards, surface dive to retrieve a 10-pound object from the deep end of pool, return to starting point holding brick with both hands while keeping face out of water, and exit water without using ladder or steps. Goggles **NOT** allowed. **YOU NEED TO OPEN YOUR EYES UNDERWATER**
- ◆ Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards. Goggles **NOT** allowed.
- ◆ Copy this link to view pre-course requirements:

<https://www.youtube.com/watch?v=2TMAbHMpsB0&t=24s>

Red Cross Waterfront Module is designed to train pool lifeguards in working non-surf beaches. You will be trained in using mask & fins, searching shallow & deep water areas, and using a rescue board. Training will occur in both pool and waterfront. Upon successful completion of this course (including written and rescue skills testing), you will receive an American Red Cross Lifeguard Waterfront Training certificate which is valid for 2 years when accompanied with a current Lifeguard certificate

Locations: Aquatic & Family Center at JFK Middle School, 100 Bridge Road, Florence, MA 01062
David B. Musante Beach; 85 Reservoir Road, Leeds, MA 01053

Fees: \$85 / \$95 / \$105 (Participant will need to present a Current Lifeguard Certificate and need to provide mask & fins)

Fees listed in the order of AFC Member / Resident / Non-Resident

Completed registrations accepted at the AFC at JFK Middle School 100 Bridge Road, Florence, MA 01062
Mon-Fri 4-8pm, Sat 10am-4pm and Sun 11-4:00pm (587-1046) or
at the Northampton Parks and Recreation Department 100 A Bridge Road, Florence, MA 01062
Mon-Fri 8:30am-4:30pm 587-1040

Need More Information? email jmiller@northamptonma.gov

OVER FOR REGISTRATION FORM

Updated 11/18/19

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

New to Northampton Parks & Recreation I have updated my Information

ADULT 1

Name _____
 Address _____
 City _____ St _____ Zip _____
 Phone: (H) (____) _____ (W) (____) _____
 Cell (____) _____
 Email: _____

ADULT 2

Name _____
 Address _____
 City _____ St _____ Zip _____
 Phone: (H) (____) _____ (W) (____) _____
 Cell (____) _____
 Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____
 Phone (____) _____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?
 Yes No

PARTICIPANT'S FULL NAME: _____ **Gender** _____
 Date of Birth _____ **School** _____ **Current Grade** _____ (Fall 2018)

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee (where applicable)	Total Fee
					\$	\$	\$
					\$	\$	\$

TOTAL FEE FOR PARTICIPANT \$ _____

PASS PURCHASE

Pass	Pass Type	Pass Length	Fee	Special Considerations/Comments (Use back if necessary)																				
Aquatic Center	Res: Adult Family Senior Youth	6 Month 12 Month	\$	_____																				
	Non-Res Adult Family Senior Youth																							
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">Pass Holder's Name(s)</th> <th style="width: 10%;">Gender</th> <th style="width: 10%;">DOB</th> <th style="width: 10%;">Pass/Tag# Issued</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>_____</td><td>_____</td></tr> </tbody> </table>				Pass Holder's Name(s)	Gender	DOB	Pass/Tag# Issued	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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TOTAL AMOUNT DUE				\$ _____																				

Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton.
 I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs.
 I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs.
 I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: _____ Date: _____

Charge my VISA ___ **Master Card** ___ **Discover** ___ **Card #** _____ **Expiration** _____
Name on Card _____ **Signature** _____

Office Use Only: Amt Rec'd \$ _____ **Cash** ___ **Check #** _____ **Credit** ___ **Date** _____ **RT Date** _____ **Staff** _____