



**Summer 2022 Lifeguard Classes**

**1) ARC Lifeguard Review: \$200.00**

**Friday, June 3rd, 2022 from 9:00am-7:00pm.**

To participate in the Lifeguard Review class you must have a current lifeguard certification, or certification expired by no more than 30 days. Please send your current lifeguard certificate to [rnh@physiqueswimming.com](mailto:rnh@physiqueswimming.com). Lifeguard Review is an abbreviated Lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years.

**2) ARC Lifeguard Course: \$375.00**

**Saturday, June 11th, 2022 from 9:00am - 5:00pm.**

**Sunday, June 12th, 2022 from 9:00am - 5:00pm.**

**Saturday, June 18th, 2022 from 9:00am - 5:00pm.**

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Prerequisites: Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

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**Register online or at the pool**

Registration for Physique Swimming can be arranged online, by credit card over the phone at (212) 725 - 0939 or by sending the registration form to 115 Broadway, 5th Fl New York, NY 10006.

We accept, Credit Card, Check, or Venmo @physique-swim

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**Physique Swim School Registration Form. Please, fill it out completely.**

**Student's Name** \_\_\_\_\_

**Age** \_\_\_\_\_

**Please circle one of the following courses**

**1. Lifeguard Review (6/3/22) - \$200**

**2. Lifeguard Course (6/11,6/12,6/13)- \$375**

**Phone(C)** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **ZipCode** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**CC** \_\_\_\_\_ **EXP** \_\_\_\_\_

Riverdale Neighborhood House  
5521 Mosholu Avenue  
The Bronx, NY 10471  
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e: [rnh@physiqueswimming.com](mailto:rnh@physiqueswimming.com)  
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