

**American Red Cross Lifeguard Training and Re-Certification Courses**  
**Conducted at Camp Manatawny**  
**33 Camp Road, Douglassville, PA 19518**

**Challenge Course: Saturday, June 27, 2009 beginning at 10 a.m.**  
(Schedule may be subject to change due to camp schedule and weather.)

**Lifeguard Course: Monday – Friday, June 29 – July 3, 2009 9 a.m. to 4 p.m.**  
(Schedule may include Friday afternoon and Saturday if weather dictates.)

**Lifeguard Course Prerequisite Skills (must be successfully completed to enter course):**

- Participant must be at least 15 years old.
- Swim 300 yards continuously using each of the following strokes: at least 100 yards of front crawl followed by 100 yards of breaststroke. The remaining 100 yards may be either front crawl or breaststroke.
- 20 yard swim using front crawl or breaststroke, surface dive to a depth of 7-10 feet and retrieve a 10 pound diving brick to the surface.

**Lifeguard Course Registration Fee: \$150.00 made payable to Coventry Christian Schools is due with registration. This fee includes the cost for Lifeguard/First Aid certification and CPR For the Professional Rescuer certification. Fee to challenge out on CPR/FPR only is \$30.00. Fee to challenge out on both First Aid, CPR/FPR AND Lifeguarding is \$55.00.**

**Class size will be limited. Registration deadline is June 26<sup>th</sup>.**

**The Registration Fee must accompany the returned Registration Form.  
Please make checks payable to "Coventry Christian Schools".**

**Send Fee and Form to:     Mark E. Niehls  
                                      316 Laurelwood Drive  
                                      Douglassville, PA 19518-1010**

**Please do not hesitate to call with questions or concerns at 610-385-4548 or 484-769-6839.**

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**Lifeguard Training/Challenge Registration Form:**

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** (\_\_\_\_) \_\_\_\_\_

\_\_\_\_\_ **Course registering for:** \_\_\_\_\_

**e-mail address:** \_\_\_\_\_

**Please include registration fee with this form.**