

# CAMP HILLCROFT AQUATIC SCHOOL

P.O. Box 5, Billings, NY 12510

845-223-5826 [www.camphillcroft.com](http://www.camphillcroft.com) [fun@camphillcroft.com](mailto:fun@camphillcroft.com)

All classes held at 1562 Route 55, Lagrangeville, NY 12540



## REGISTRATION FORM

M / F

Student Last Name	First Name	Date of Birth
Address (street)		
City	State	Zip
Home Phone	Cell Phone	email
Parent Name (if candidate is under 18) parent phone		parent email

### CHOOSE CLASS:

- \$450.00 Lifeguard Certification (includes Waterfront/First Aid/CPR/AED) Must be 15+ with proof of age**  
June 22, 23, 24, 2019 8am - 8pm (7:45am check in on Saturday, June 22).  
I will stay at camp Y/N Residency is optional. Meals included.  
Books and materials are included. CPR masks are available for purchase \$20
- \$300.00 RE-CERTIFICATION Lifeguard/ First Aid /CPR/AED - includes Waterfront Module re-certification for those already Waterfront certified. Must hold current certifications and bring cards to class.**  
June 22, 2019 8am-8pm (\$50 discount if certified previously at Hillcroft).  
June 23, 2019 Waterfront Module re-certification.  
Bring your CPR Mask. Masks available for purchase \$20. Lunch and Dinner included on the 22nd.
- \$100 CPR Re-Certification only. Must hold current certification and bring card to class**  
June 23, 2019 8:30am-10:30am (\$20 discount if certified previously at Hillcroft)  
Bring your CPR Mask. Masks available for purchase \$20.

**PAYMENT INFORMATION:** Payment and Registration MUST be received prior to beginning of class start date. Mail payment and this registration form to: Camp Hillcroft, P.O. Box 5, Billings, NY 12510. Register early as spaces are limited.

We accept checks, cash or major credit cards. Please make checks payable to Camp Hillcroft. You will be responsible for insufficient funds fee of \$35 if your payment is returned.

Check # \_\_\_\_\_  Cash  Visa  Mastercard  Discover

Name on Card \_\_\_\_\_  
Address \_\_\_\_\_  
Card # \_\_\_\_\_  
Exp date \_\_\_\_\_ 3 digit Code \_\_\_\_\_

### REFUND POLICY

There will be **No Refunds** once course fees have been submitted. This Includes: participants who do not successfully complete their course or course prerequisites, who do not attend all scheduled class dates and times, who do not pass course land and water skills with proficiency (according to American Red Cross requirements) or who do not pass the written exam with a score of at least 80 percent.

## Lifeguard Certification Course Requirements (including Waterfront) -

Be at least 15 years old – must show proof of age

### Skill Prerequisites -

1. Swim 550 continuous yards using 200 yards of crawl stroke with head in water, demonstrating breath control and rhythmic breathing to the side, 100 yards or breaststroke with rhythmic breathing and a correct, symmetrical kick, and 250 yards (22 laps total in a 25-yard pool) using either of these two strokes. Swimming on the back or side is not allowed. **Swim goggles are allowed. Please practice swimming laps before the course!**
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits. **Swim goggles are not allowed.**
3. Complete a timed event within 1 minute, 40 seconds: **Swim goggles are not allowed**
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
  - Exit the water without using a ladder or steps.
4. 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 to complete the skill sequence. (Total 25 yards, 15 yards is underwater). **Swim goggles are not allowed**

**Note: If taking Lifeguard Certification OR Re-Certification only (without Waterfront module):  
Distance for continuous swim is 300 yards and number 4 above does not apply.**

## Lifeguard Re-Certification Requirements (including waterfront)

Same as above – must provide current certification cards. Waterfront re-certification applicants must provide current Waterfront card as well. Bring CPR Mask.

## CPR Re-Certification Requirements

Must provide current certification card – Bring CPR Mask

**Current Certifications Held** (please circle)

LG

LGI

WSI

Waterfront

CPR

**All participants must be in good health and physical condition. A medical form will be provided and must be completed and be presented on or before class check-in.**

**Full participation will be required for all classes and students must score at least 80% on all written tests.**

## Camp Hillcroft Waiver of Liability:

I, the undersigned or parent/legal guardian of the individual named above, do hereby waiver, release and discharge all claims for damages, death and personal injury, property damage which I may have or which may hereafter accrue to me as a result of participation in said activity. I understand that accidents can occur during the said activity. Knowing the risks of the said activity, I hereby agree to assume those risks. This release is intended to discharge and hold harmless Camp Hillcroft and any participating certified instructor from liability. This waiver and assumption of risk is to be binding on my heirs and assigns.

**I have read and accept the above policy.**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent / Guardian Signature (Under age 18 only)

\_\_\_\_\_  
Date