

KOINONIA SCHOOL OF SPORTS presents...  
**Red Cross Lifeguard Certification Course 2019**

With Instructor Debra Moore~ Will include CPR & First Aid Training

240 County Home Rd.- Rte. 21- Thompson, CT 06277

860-928-6420 [www.koinoniafitness.com](http://www.koinoniafitness.com)

Limited Space Available

**Saturday, June 1<sup>st</sup> & 2<sup>nd</sup>, 2019**

**7:00am-7:00pm**

**For Office Use  
Only**

Payment Made:

Type of  
Payment:

**Cost of Program : \$385.00 Non-Refundable Dep.\$150**

**This course requires 7 hrs. of on-line study w/ Red Cross before 5/31/19**

Program includes: Pool Certification and or Waterfront, CPR & First Aid Training.  
Lifeguard & First Aid Certifications are valid for 2 years. CPR valid for 1 year only.

**Pre-requisites:** Must be able to swim 300 yards using front crawl and breaststroke.  
Goggles will be allowed. Must be able to do surface dives to bottom of pool (9 feet). . Must be able to tread water for 2 minutes with hands in armpits. Minimum age: 15.

This class requires 7 hours of on-line reading and testing. Register early! Study Early!  
The sooner you register, the sooner you may begin practicing at Koinonia for free!

**Must register with your deposit by May 24<sup>th</sup>, 2019**

**REGISTRATION FORM**

Name: \_\_\_\_\_ D.O.B \_\_\_\_\_

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

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address \_\_\_\_\_ Work/Cell Phone # \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone # \_\_\_\_\_



**Assumption of Risk & Release**

Anyone attending Koinonia School of Sports, Inc. and using the facilities, equipment and or participating in a class or program do so at his/her own risk. Koinonia School of Sports, Inc., Thompson Police Athletic League, (P.A.L.), it's owners, employees and agents shall not be held liable for any damages arising from any personal injuries sustained by anyone in, on or about the premises of said Koinonia School of Sports, Inc., releasing it's owners, employees and agents from any and all claim, demands, damages, rights, actions, or causes of action, present or future, whether the same be known, anticipated or unanticipated resulting from or arising out of anyone's use or participation at Koinonia School of Sports, Inc., or the facility and equipment therein. I understand that any physical activity can cause serious injury or even death.

**I have read and understand the foregoing risk agreement and release.**

**X Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**\*All children under the age of 18 must have parental consent.**

Identify any known medical illness or disorder that would currently pose a risk to others or which would currently affect the individual's functional ability to participate in the program safely:

**X Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_