Lifeguard Certification Courses - Spring 2019

The course will be conducted on-site at the ARC Wet Meeting Room and Indoor Pool. Attendance at all sessions is mandatory in order to successfully complete the course.

Cost: $275 (includes all materials and certification fees)

- **Class #1** (ARC Indoor Pool & Wet Meeting Room)
  - Thursday, April 11 5-9pm
  - Friday, April 12 5-10pm
  - Saturday, April 13 10am-6pm
  - Sunday, April 14 10am-6pm

  Lunch break provided for Saturday & Sunday

- **Class #2** (ARC Indoor Pool & Wet Meeting Room)
  - Monday, May 13 - Friday, May 17
    - 5-10pm

Please check that you meet the minimum requirements.

- At least 15 years of age.
- Swim 300 yards continuously.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds.
- Tread water for 2 minutes using only your legs.

If you are unable to complete the minimum requirements, your fees will be refunded minus a $5 processing fee and a $25 testing fee.

**RETURN FORM TO:**

In Person / Mail: ARC Member Services
201 E. Peabody Drive, Champaign IL 61820
Fax: (217) 244-3319

**CONTACT PERSON:**

Cody Demas: cdemas@illinois.edu • (217) 300-1318

---

**PAYMENT**

- **Cash**
- **Check #**:
- **Visa**
- **Mastercard**
- **Charge Card #**:
- **Expiration Date**: / 
- **CID (3 digit # on back of card)**:

**SIGNATURE:**

- **Name on Card**: 
- **Signature**: 

---

**OFFICE USE ONLY**

- **Drop-off**
- **Fax**
- **Mail-in**

**TOTAL $**: 
**Receipt #**: 
**CSA Initials**: 

---

**PARTICIPATION WAIVER**

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

**WAIVER:** In consideration of being permitted to participate in any way in Campus Recreation Aquatics Programs taking place at the University of Illinois Campus Recreation facilities, I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue the Board of Trustees of the University of Illinois and its respective officers, employees, and agents from liability from any and all claims including those which result in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in Campus Recreation Learn-to-Swim Programs.

**SIGNATURE OF PARENT OF MINOR (UNDER 18)**

**SIGNATURE OF PARTICIPANT**

**ASSUMPTION OF RISKS:** Participation in Aquatics Programs carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains to 2) major injuries such as eye injury or loss of sight, joint or back sprains, strains, breaks, concussions, cuts, cardiac arrest, partial or total paralysis, and death. We strongly recommend that you consult your personal physician before starting any strenuous activity or class.

**INDEMNIFICATION AND HOLD HARMLESS:** I also agree to INDEMNIFY AND HOLD the Board of Trustees of the University of Illinois HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney’s fees, brought as a result of my involvement in Campus Recreation Skating Programs and to reimburse it for any such expenses incurred.

**ACKNOWLEDGEMENT OF UNDERSTANDING:** I have read this waiver of liability, assumption of risk, and indemnity agreement fully and understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

**SIGNATURE OF PARENT OF MINOR (UNDER 18)**

**SIGNATURE OF PARTICIPANT**