



# Lindsay Wellness Center Lifeguard Classes

Get  
Certified  
Now In



**American  
Red Cross**

- Lifeguard/First Aid
- CPR/AED for Lifeguards

## LIFEGUARD CERTIFICATION CLASS:

Thursday, March 20 @ 4pm - 8pm  
Friday, March 21 @ 4pm - 8pm  
Saturday, March 22 @ 8am - 5pm  
Sunday, March 23 @ 8am - 5pm

## LIFEGUARD RENEWAL CLASS:

Sunday, March 23 @ 8am - 5pm

Contact Karen Thompson at  
(559) 310 - 4304 for online book work.

Class size of 10 max participants

RECOMMEND BRINGING YOUR  
LUNCH AND SNACKS

Scan QR Code  
to get the  
Application!



FREE if application is accepted by  
City of Woodlake Partnership Program

## Sign Up Today!

### PREREQUISITES:

To be eligible for the Lifeguard Training Course, the candidate must be 16 years of age on or before the final scheduled session of this course. The candidate must also successfully complete the following swimming prerequisites:

- Swim 150/50 yards continuously.
- 2 - Minute tread using legs only.
- Retrieve a 10-lb dive weight from 7 ft deep, surface and swim 20 yds with the weight, using legs only and exit pool without using a ladder within 140 seconds.

**NO REFUNDS WILL BE GIVEN FOR FAILURE TO COMPLETE PREREQUISITES OF LIFEGUARD CERTIFICATION REQUIREMENTS.**

## Lifeguard Classes

Lindsay Wellness Center

860 N Sequoia Ave.

Lindsay, CA 93247

559.562.5196





# LIFEGUARD APPLICATION

## FAQ

**BASIC PROGRAM INFORMATION:** The City of Woodlake is looking to partner with WUSD to add Community Pool Party events during the summer. In order to do this, we need committed lifeguards. The City of Woodlake is looking to either hire existing life guards to work these events, or pay for an individual to obtain/renew their Lifeguard Certification. The offered Lifeguard Certification trainings (both for new lifeguards, and renewing) will be held at the Lindsay Wellness Center March 20-23. Participants must be age 16 or over.

**WHAT'S THE COST:** No cost for existing lifeguards | **\$50 refundable deposit required for new & renewing Lifeguards** (No refunds will be given for failure to complete prerequisites of lifeguard certification requirements, or by failure to show up to lifeguard the City of Woodlake Summer swim events. \$50 deposit refund will be given with first lifeguard payroll check.)

**PREREQUISITES:** To be eligible for the Lifeguard Training Course, the candidate must be 16 years of age on or before the final scheduled session of this course. The candidate must also successfully complete the following swimming prerequisites: swim 150/50 yards continuously, 2-minute tread using legs only, retrieve a 10-pound dive weight from 7 ft. deep, surface & swim 20 yards with the weight, using legs only and exit the pool without using a ladder within 140 seconds. **Spots are limited—not all applications will be accepted.**

APPLICANT'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

DOB: \_\_\_\_\_ GENDER: \_\_\_\_\_ CELL PH #: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ SHIRT SIZE: \_\_\_\_\_

### IF THE APPLICANT IS UNDER 18, PARENTS MUST COMPLETE THIS SECTION:

PARENT/GUARDIAN'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

DOB: \_\_\_\_\_ GENDER: \_\_\_\_\_ CELL PH #: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Initial Program of Intent:

- I am already a certified lifeguard & I agree to be available to work the City of Woodlake summer swimming events during the months of June & July *(please send in a copy of your certification with this application)*
- I would like to try renewing my lifeguard certification at the Lindsay Wellness Center, through the City of Woodlake partnership program & I agree to be available to work the City of Woodlake summer swimming events during the months of June & July **(\$50 deposit required once application is accepted)**
- I would like to participate in the Lifeguard Classes at the Lindsay Wellness Center, through the City of Woodlake partnership program & I agree to be available to work the City of Woodlake summer swimming events during the months of June & July **(\$50 deposit required once application is accepted)**

OFFICE USE ONLY: Date Paid: \_\_\_\_\_ \$ \_\_\_\_\_ Check # \_\_\_\_\_ Cash \_\_\_\_\_ Card \_\_\_\_\_

Sign back of form...





350 N. VALENCIA BLVD.
WOODLAKE, CA 93286
PHONE: 559.564.8055
FAX: 559.564.8776
EMAIL: JREYNOLDS@CI.WOODLAKE.CA.US
WWW.CITYOFWOODLAKE.COM

PHOTOGRAPHY / VIDEO RELEASE

I understand that the City of Woodlake Parks and Recreation may take pictures and/or video for use in a City publication, educational purposes or social media posts. My initials indicate approval for the use of such photography/video in which I or my child may appear. I understand that I will not receive compensation for the use of the pictures/video.

(initials)

REFUND POLICY

I understand that the City of Woodlake Parks and Recreation, as a rule, does not offer refunds. Your deposit is used for the costs of the lifeguard training program expenses. My initials indicate acknowledgement of the refund policy.

(initials)

MEDICAL RELEASE

I hereby give consent for the previously-mentioned player to participate in the City of Woodlake Parks and Recreation swimming events and activities. I give permission to the City, its officers, or representatives, to provide medical treatment in case of an emergency or injury to the above lifeguard applicant.

CITY OF WOODLAKE PARKS AND RECREATION RELEASE. WAIVER OF LIABILITY AND ASSUMPTION OF THE RISK AGREEMENT FORM. READ CAREFULLY BEFORE SIGNING.

In consideration of being allowed to participate in the City of Woodlake Parks and Recreation, athletic sports or recreation programs, and related events and activities, the undersigned acknowledges, appreciates, and agrees that the risk of serious injury including, but not limited to, permanent paralysis, injury, and death, is significant and does exist, even though particular rules, equipment, and personal discipline may reduce the risk. Therefore:

- 1) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE CITY OF WOODLAKE or others, and assume full responsibility for my participation;
2) I willingly agree to comply with the stated and customary terms and conditions of participation. IF I OBSERVE ANY UNUSUAL SIGNIFICANT HAZARD DURING MY PRESENCE OR PARTICIPATION, I WILL EITHER REMOVE THE HAZARD, IF POSSIBLE, OR DISCONTINUE MY PARTICIPATION and/or bring such hazard to the attention of the nearest official immediately; and
3) I WILLINGLY AGREE TO COMPLY WITH ALL STATE GUIDELINES as directed by the State of California for participation and spectating in regard to PROTECTION AGAINST INFECTIOUS DISEASE INCLUDING COVID-19.
4) I, for myself, my heirs, assigns, personal representatives and next of kin, hereby RELEASE AND HOLD HARMLESS the City of Woodlake, their officers, officials, agents, employees, volunteers, other participants, sponsors, advertisers and owners and lessors of the premises used to conduct the event, for ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, ARISING FROM THE NEGLIGENCE of the above named organization.

This is to certify that I, as parent or legal guardian, have LEGAL RESPONSIBILITY for this applicant I have read and understand the significance of this RELEASE AND WAIVER and do consent and agree to his/her waiver, release and assumption of the risk as provided above. I release and agree to indemnify and hold harmless the City of Woodlake and associated persons from any and all liabilities for injury or damage to the above minor while participating in these programs ARISING FROM THE NEGLIGENCE of the City of Woodlake and associated persons.

Applicant's Signature

Date

Parent/ Guardian Signature

Date