2023 AQUATICS TRAINING CLASS SCHEDULE

WSI, Lifeguard, and Lifeguard Instructor

You must pre-register for all classes!!

**American Red Cross Lifeguard Instructor Training**: Comprehensive training instruction designed for individuals who are **17** and older to teach Lifeguarding, Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, First Aid, CPR/AED for the Professional Rescuer, and other safety-based courses and presentations. {You must pre-register with me at least 5 days before class and complete on-line orientation prior to 1st class day. ***Once I receive registration and fee, I will send on-line info so you can complete on-line orientation.*** (Must **Bring your on-line completion cert, current LG certification, proof of age with you 1st day. You must pass pre-course to continue in class. (**Must be a current Lifeguard, do all the lifeguard skills taught in the basic course to the standard.)

**No refunds are given if you do not pass pre-course.** You must bring your pocket mask (either universal or combo), student LG book, Instructor Book you can download and print from link I send after registration, whistle, and fanny pack to every class. If you do not have items on the list, you will have to buy one from me in class to continue. **You must be 17 by the** **last** **day of class!**

**Course 1 Lobo Aquatic Center April 14-16 Fri 5-930PM, Sat & Sun 830-530. Course Cost $300.00**

**Course 2 City of Shreveport March 10-12 Fri 5-930PM, Sat & Sun 830-530.**

**Special Course\*\*\*\* LGI/LGIT review class: Lobo Aquatic Center April 22 830-330(\*\*bring books and equipment)**

**American Red Cross Lifeguard/Jr. LG** Comprehensive training in professionalism, surveillance, victim recognition, equipment-based rescues, care for head, neck and back injuries and more. Also includes: First Aid and CPR/AED for the Professional Rescuer and more. **The pre-requisite for LG course**: swimming 300 yards continuously demonstrating breath control and rhythmic breathing. Tread water for 2 minutes using only the legs. Complete timed swim - 20 yd. swim and brick recovery in 7-10ft water and return on the deck in 1 minute 40 sec or less. The pre-requisite swim test will be given at the very beginning of class. **You must pass pre-test to continue in class. No refund will be given**. If you have ***any*** questions about your swim skill ability, **please call and discuss *prior to enrollment*.** LG must be 15 or older by the last day of class! (Jr. LG 10-14) (You will get pocket mask, fanny pack, & whistle in class.) Must have a book (electronic or hard copy) for class. You may download and print or use laptop or tablet. **Please bring proof of age with you to class.**

**Course 3 Lobo Aquatic Center Jan 6,7 14& 15(Sat/Sun 830-830) Course Cost $250.00**

**Course 4 Lobo Aquatic Center Feb 10,11,18&19(Sat & Sun 830-830) Must Bring book to class!**

**Course 5 Lobo Aquatic Center March3,4,11&12 (Sat/Sun 830-830)**

**Course 6 Lobo Aquatic Center April 7,8,15 &16 (Sat/Sun 830-830)**

**Course 7 Lobo Aquatic Center December 15,16, 22,&23 (Thurs Fri 9-5 all days)**

**Course 8 Lobo Aquatic Center May** **5,6, 13 &14 (Sat/Sun 830-830)**

**Course 9 Lobo Aquatic Center May 19,20,27 & 28(Sat/Sun 830-7)**

**Course 10 Jacksonville May TBD**

**Course 11 Lobo Aquatic Center April 21,22, 29 & 30 (Sat/Sun 830-830)**

**Course 12 TBA**

**American Red Cross Water Safety Instructor** Comprehensive instruction designed for individuals who are **16** years old and older by last class day who desire to teach American Red Cross Learn to Swim Classes. This course will introduce you to a comprehensive Learn to Swim Program filled with proven teaching methods to include activities, games, and songs. A great deal of time is spent helping you develop your photographic eye and class management development.

You must pre-register with me at least 5 days before class (**cost is included in this registration**) and complete the on-line orientation ***prior to*** 1st class. ***Once I receive registration and fee, I will send on- line code so you can complete on-line registration.*** (Bring on-line completion with you to 1st day**. You cannot enter class without on-line cert.)**

The prerequisite is demonstration of your ability to swim the following strokes at level 4 or better: Front Crawl, Back Crawl, Sidestroke, Elementary Backstroke, Breaststroke, Butterfly, Tread Water and Float. The pre-test will be given at the very beginning of class. Any student who does not pass the pre course will not be allowed to continue in this class. **No refund will be given.** If you have any questions about your swim skill ability, please call and discuss prior to enrollment. Please bring Proof of Age with you to class.

**Course 13 Lobo Aquatic Center May 6,7,13, & 14 830-530 All Days Course Cost $300.00**

**Course 14 TBA**

**Course 15 TBA**

**Class Payment**: Please make payment to Ben Stobnicki in Cash or Check or **call 903.285.3440 to pay by CREDIT CARD**. You must send your registration form with your payment to Ben Stobnicki 3784 CR 4260 Mount Pleasant, TX 75455. If you have questions, please call me at 903.285.3440, or e-mail me at [stobnickib@gmail.com](mailto:stobnickib@gmail.com).

***YOU MUST ATTEND ALL SESSION TIMES AND DAYS IN WHICHEVER OPTION YOU CHOOSE.***

***Anyone not able to pass the pre-test, will not be allowed to continue in the class. There is no refund of your class fee. If you have any doubt of your swim ability, please call me and discuss. Please select from the above options (and please note each option is a separate class) once you have selected your class, please fill out this registration and return it with your payment. Your spot in the class will only be confirmed once payment is received. Make a copy of this form for your records.***

***\*Book Purchase Optional for LG Classes only:***

**Instructor courses must print own books after registering at link I provide!**

***For LG classes -* You have 2 book options. Option# 1 LG Courses have digital basic materials on-line that are free so you can view/download book on-line. Option #2 You can buy your own book on-line in advance of the course. You must be able to access the course materials to participate in class. If you choose to buy or view/download the free materials on line, go to** [**https://www.redcross.org/take-a-class/participant-materials**](https://www.redcross.org/take-a-class/participant-materials) **.**

**Your Instructor**: Ben Stobnicki – Lifeguard Instructor Trainer and Water Safety Instructor Trainer for the Red Cross 903.285.3440 [stobnickib@gmail.com](mailto:stobnickib@gmail.com) .

**You must pre-register for all classes \*\*\*Will set up other classes on request.**

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# Student Registration

**(Please complete and return to: Ben Stobnicki** 3784 CR 4260 **Mt. Pleasant, TX 75455**

**Print Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City/Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Alternate Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please name class # and circle name of course you are enrolling in! Please select both Course & Name!**

**Course# \_\_\_\_\_\_\_\_\_\_ Course Name: Lifeguard Lifeguard/Jr Guard WSI**

**Instructor**

**Payment: Course Cost\_\_\_\_\_\_\_\_ Total Enclosed \_\_\_\_\_\_\_\_\_**

(If sending check, make payable to **Ben Stobnicki**)

**Please return this page with payment or Call with info if you want to pay by credit card. Call 903.285.3440 if pay by credit card**.

Make a copy of this document for you to keep!!!