



**HEALTHQUEST**  
FITNESS CLUB

# FALL 2024 LIFEGUARD CERTIFICATION 3-DAY COURSE\*

SEP 13-15 OR OCT 11-13

COURSE HOURS:

FRI, 5-9PM / SAT & SUN, 7AM-5PM

Must pass pre-test on 1st day to continue course.

FULL CERTIFICATION

**\$350**

**\$375**

HQ Member

Non-Member

**REGISTER BY SEP 6  
& SAVE \$25 OFF!**

FOR REVIEW CERTIFICATION, CONTACT INSTRUCTOR  
REGISTRATION FOR COURSE CLOSSES SEP 10, 2024

**HQFIT.COM**



**American  
Red Cross**

**HEALTHQUEST**

310 Hwy 31 North  
Flemington, NJ 08822

## BECOME A LIFEGUARD

- Lifelong lifesaving skills \* You must be at least 15 years old.
- Hands-on training
- American Red Cross certification, a name employers know and trust

Contact Joshua Bavosa at 908.782.4009, ext. 277 • [bavosa@hqfit.com](mailto:bavosa@hqfit.com)





**ONLY 1 COURSE BELOW WILL RUN**

**PLEASE RANK WITH A "1" & "2" WHICH YOU PREFER.  
LEAVE LINE BLANK IF UNAVAILABLE FOR THOSE DATES.**

\_\_\_\_\_ **SEP 13-15, 2024** \_\_\_\_\_ **OCT 11-13, 2024**

### American Red Cross Lifeguard Certification Course

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Birthday: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

*\*Participant must be a member to receive member price*

- Must attend all classes
- No refunds will be given after the class has started
- Class must have a minimum of 6 participants and will be cancelled if that number is not met
- Participants must be 15 years old
- Must be able to swim 300 yards continuously
- Tread water for 2 minutes using only legs
- Complete a timed event within 1 minute, 40 seconds – Starting in the water, swim 20 yards, surface dive to a depth of 7-10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point. Exit the water without using a ladder or steps.

**Full Certification:**

**Review Certification:**

[ ] HQ Member: \$350

[ ] \$250

[ ] Guest: \$375

Course dates subject to change based on minimum requirement. When the requirement is met, confirmation of course date will go out.

<b>OFFICE USE ONLY:</b>	Date Received: ____/____/____	Apply \$25 OFF Early Bird Registration Discount: <input type="checkbox"/> Y <input type="checkbox"/> N

#### WAIVER OF LIABILITY

I, the parent/guardian of the registrant, a minor, or an adult registrant of legal age, agree that the registrant and I will abide by the rules of HealthQuest of Central Jersey, LLC., its affiliated organization and sponsors. Recognizing the possibility of physical injury associated with leagues and in consideration for HealthQuest of Central Jersey, LLC., accepting the registrant for its league programs and activities, I hereby release, discharge, and/or otherwise indemnify HealthQuest of Central Jersey, LLC., its officers, coaches, managers, referees, its affiliated organizations and sponsors, their employees, and associated personnel, including the owners of the fields and facilities utilized for the league program, against any claim by or on behalf of the registrant as a result of the registrant's actions. I affirm that the registrant is in sound physical and healthy condition and that the athlete is covered by health/accident insurance secured independently. As parent/guardian or the registrant, I hereby give my permission for the participant of the program to be transported for emergency medical care. I hereby authorize consent for emergency medical care prescribed by a duly licensed Doctor or Medicine or Doctor of Dentistry. This care may be given under whatever conditions necessary to preserve life, limb or well-being of my dependent.

Method of Payment: (PLEASE CIRCLE) Cash    Check    Credit Card    Member Charge

CC Number \_\_\_\_\_ Exp Date: \_\_\_\_\_ CVV \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_