

LEARN

TO SAVE. CERTIFY NOW.



4610 Sam Peck Road | LITTLE ROCK, AR 72223
501.225.3600 | WWW.LRAC.COM

play on

PARTICIPANT INFORMATION

Name: _____ Date of birth: _____ Gender: Male Female
____ LRAC member ____ LRRC member ____ NLRAC member ____ DAC member ____ Non-member
Participant's Email: _____

Mother's name: _____ Father's name: _____
Street address: _____ City: _____ State: _____ Zip: _____
Mother's phone: _____ Father's phone: _____

MEDICAL INFORMATION

Allergies, medications, special conditions including but not limited to asthma, diabetes, sun sensitivity, seizures or fainting spells (please provide specifics): _____

Person to contact in case of emergency if parents cannot be reached: _____
Phone(s): _____ Relationship to child: _____
Doctor's name: _____ Phone number: _____
Emergency room of choice: _____

PAYMENT INFORMATION

Person responsible for payment: _____
Responsible party's address: _____ City: _____ State: _____ Zip: _____
Day phone: _____ Evening phone: _____ Email address: _____

Method of Payment (Indicate your choice by completing the appropriate information below):
For security reasons, your payment information will be encrypted by our computer software and this information will be shredded.

LRAC/LRRC/NLRAC club account option (for members only/account must be current)

Name of member to be charged: _____

Credit/Debit card option (Visa, MasterCard, Discover, American Express)

Name as shown on card: _____

Credit card number: _____ Expiration date: _____ CCV number: _____

After reviewing the information, select your date and sign the waiver on the back.



FULL LIFEGUARD CERTIFICATION

The LRAC's full lifeguard certification course is a blended learning experience. As such, it combines online learning with on-site sessions where you will practice skills and demonstrate competency. Please understand due to the serious nature of this class, there will be no exceptions on either age (you must be 15 years old) or class attendance (none may be missed). Participants will be required to pass a 300 yard swim test (demonstrating a minimum of 100 yards freestyle and 100 yards breaststroke) and a timed retrieval test.

Online Portion

After we have processed your registration, we will email you a link for the online portion. **Students MUST complete the online portion of the course before on-site training begins.** To confirm completion, students should print the "Online Completion Report" available on the Main Menu Page and bring it the first day of the course.

Book Loan

All students in the full lifeguard certification course will be given a book to use during the course. The book must be returned before the final exam. If the student fails to return the book or if the book is damaged, we will charge the payment source provided at registration with a \$35 book replacement fee.

Class Times and Locations

Tuesday: 4:00 - 10:00 pm (LRAC)

Wednesday: 4:00 - 10:00 pm (LRRC - 1 Huntington Road; Little Rock, AR 72227)

Thursday: 4:00 pm - 10:00 pm (LRAC)

Fee: \$300 (A non-refundable deposit of \$100 is due at the time of registration.)

LIFEGUARD RECERTIFICATION

This course is only available to students who have completed the full course and their certification expiration date is within 30 days of the course.

Class Times and Location

Saturday: 7:00 am - 3:00 pm (LRRC - 1 Huntington Road; Little Rock, AR 72227)

Fee: \$175 (A non-refundable deposit of \$100 is due at the time of registration.)

COURSE SELECTION

Please select one of the following for on-site skills training.

Lifeguard Certification Sessions

March 3 - 5

April 7 - 9

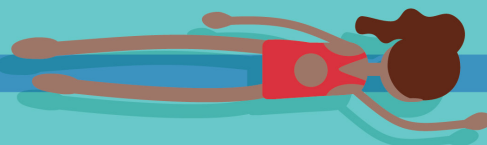
May 12 - 14

May 19 - 21

Lifeguard Recertification Sessions

April 25

May 16



WAIVER

Release of Liability and Assumption of Risk Agreement - The facilities and activity programs offered under the auspices of the Little Rock Athletic Centers, LLC (LRAC), dba Little Rock Athletic Club, Little Rock Racquet Club, North Little Rock Athletic Club and Downtown Athletic Club, have been designed and established to provide the optimum level of beneficial exercise and enjoyment without compromising the health or safety of the Members or guests who utilize the facilities or participate in its on or off-site activities. Because of the nature of these programs and of the equipment utilized, there is an inherent risk of injury. Therefore, any exercise activity places a practical limitation on the ability of LRAC to prevent injuries to participants regardless of the activities of the participant while taking advantage of the opportunities at LRAC. The undersigned acknowledges the individual responsibility to minimize risk by thoughtful and cautious use of the programs, equipment and the facilities of LRAC.

Therefore, in consideration of being allowed to participate in LRAC programs and to utilize equipment and facilities at LRAC, I the undersigned, acknowledge and agree that:

- The risk of injury from the activities involved in LRAC programs, equipment and facilities is significant, including the potential for permanent paralysis and death.
- I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown and assume full responsibility for my participation.
- I willingly agree to comply with all terms and conditions for participation. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest LRAC representative immediately.
- I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS LRAC, its members, managers, officers, officials, agents and/or employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (RELEASEES), from any and all claims, demands, losses, and liability arising out of or related to any INJURY, DISABILITY OR DEATH I may suffer, or loss or damage to person or property, to the fullest extent permitted by law.

Photography and/or Video - I understand that the LRAC periodically takes facility and group photography and video and uses the resulting content for lawful purposes including, publicity, illustration, advertising and web content. I recognize that when taking pictures or video of a large group or capturing a spontaneous event, it is not feasible for the LRAC to obtain individual consent.

I grant to LRAC and all its subsidiaries the right to take photographs and/or videos of my child. I authorize LRAC, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that LRAC may edit and use such photographs and/or videos for any lawful purpose including, for example, such purposes as publicity, illustration, advertising and web content.

Text and Email Communication - I agree to allow LRAC and all its subsidiaries, agents and service providers to contact me with promotional and informational texts and emails at the phone number(s) and/or email address(es) provided. I acknowledge that providing these phone numbers and email addresses is not a condition of receiving any property, goods or services. By listing this information, I certify that it is accurate and that I own the rights to use it and give consent for it/their use. Additionally, I understand that I can unsubscribe to all marketing emails and texts by contacting the Membership Office at the Club.

MY SIGNATURE CONVEYS

- I authorize the LRAC to draft my program fee;
- I understand and agree to the book return policy;
- I give my consent for my child to receive medical or surgical aid as may be deemed necessary and expedient by a duly licensed or recognized physician or surgeon in the case of an emergency when a parent or guardian cannot be reached. Consent is also given for an LRAC employee or his/her duly appointed representative to transport my child for emergency medical treatment in said situation;
- I have read the Release of Liability and Assumption of Risk Agreement above; fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement;
- I give my permission for the club to contact me via email with club news and programming information;
- I have read the Permission to Use Photography and/or Video Agreement above and give consent for my child to be in video or photographed; and
- This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, to the fullest extent permitted by law.

Participant's Name: _____

Parent's/Guardian's Signature: _____ Date: _____