



**BOYS & GIRLS CLUBS**  
OF DELAWARE

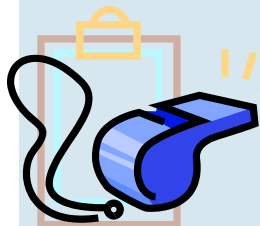
Greater Newark Club

## Ellis & Associates International Lifeguard Training Program™

*Previously known as the National Pool and Waterpark Lifeguard Training Program™ (NPWLTP), the ILTP™ was originally developed in 1983 to address waterpark safety issues. Due to great demand for this quality program, it quickly expanded into pools, open water environments, and resorts.*

*The new name, International Lifeguard Training Program™ (ILTP), reflects this expansion.*

*Over its 20-year history, this training program has been credited by national and international agencies for revolutionizing the standards of the aquatic safety industry.*

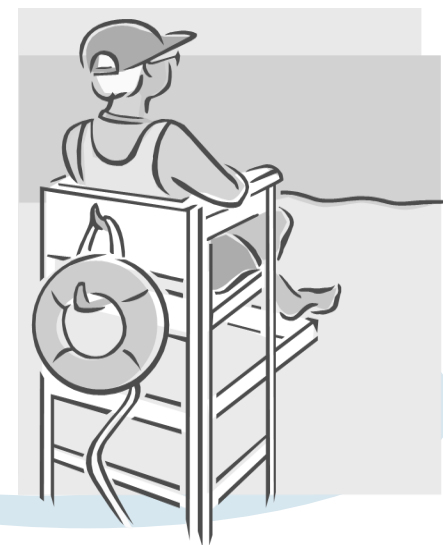


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## ELLIS LIFE GUARDING

Are You Rescue Ready?



Learn the skills that will enable  
you to become a highly qualified  
life guard.

## What You Will Learn

Topics covered during your training will include:

- Life guard accountability & professionalism
- Recognizing and reacting to emergency situations
- Conscious and unconscious water rescues
- Spinal injury management (in and out of the water)
- Rescue breathing and airway management
- Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED)
- Supplemental oxygen support / Bag-Valve Mask (BVM)
- First Aid emergencies
- Emotional, physical, and legal risks
- Open water lifeguarding

## Session Dates & Times

Please register at least 3 weeks prior to class.

### New Candidates:

#### Class Dates:

- Fri-Sun: 4/20-4/22
- Fri-Sun: 5/18-5/20\*
- Fri-Sun: 6/1-6/3\*

#### Class Times:

Friday: 4 to 9pm  
Saturday: 9am to 4pm  
Sunday: 8am to 5pm

### Renewal Candidates:

#### Class Dates:

- Sun: 4/22
- Sun: 4/29
- Sun: 5/6\*
- Sun: 5/20\*
- Sun: 6/3\*

#### Class Times:

8am to 5pm

\*Sunday to take place at Fraim's Boys and Girls Club for 10ft. certification depth.

## What To Expect

- Long, sometimes strenuous (mentally & physically), class sessions. Wear comfortable clothing, bring extra towels and bathing suits. We may be in and out of the water several times during each class period.
- As mentioned earlier, you will be required to participate in vigorous physical training. Be sure you are in good physical condition.
- There are prerequisites to attend this training. You need to be 15 years of age or older. You must be able to swim 100 yards continuously (freestyle or breaststroke), tread water for one minute (without using arms), and perform a feet-first surface dive to retrieve a 10 lb. diving brick.
- You will need to write occasionally—bring a pen and/or a pencil.
- If you are a renewal candidate, please remember to bring your text and your resuscitation mask. If you are a new candidate, you should receive your text prior to your first class. Take some time to familiarize yourself with the book. New candidates will receive a resuscitation mask during the first class.
- You will be required to pass a written exam with a score of 80% or higher, pass individual technical performance exams and simulation practical exams to qualify for licensing or course completion.
- You will also be judged on maturity, demeanor, and attentiveness during your class. Your course instructor has the final word in determining who passes the course and receives a E & A Lifeguard License or ILTP™ Course Completion Card.

## Life Guard Class Registration

Please register at least 3 weeks prior to class.

| Sign up for:  | Price    |
|---|----------|
| <input type="checkbox"/> Full life guard certification (non-employee)     | \$225.00 |
| <input type="checkbox"/> Full life guard certification (employee)         | \$175.00 |
| <input type="checkbox"/> Life guard renewal certification* (non-employee) | \$100.00 |
| <input type="checkbox"/> Life guard renewal certification* (employee)     | \$90.00  |

*\*must have current certification or license.*

Order total: \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth & Age: \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Select Class (check):

### New Candidates:

- April 20-April 22
- May 18-May 20
- June 1-June 3

### Renewal Candidates:

- April 22
- April 29
- May 6
- May 20
- June 3

Amount of Payment \_\_\_\_\_

### Method of Payment

- Check # \_\_\_\_\_  
(payable to Greater Newark Boys & Girls Club)
- Other \_\_\_\_\_
- Credit Card \_\_\_\_\_

Received By \_\_\_\_\_ Date \_\_\_\_\_