

# High Point Swim Club



www.Polarbearswim.org  
336.887.4772  
PO Box 5815  
High Point NC 27262

## Board of Directors

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**Aaron Reeves –**  
Head/Senior Coach  
**Chrissy Milkosky-**  
Head Age Group Coach



# ARC Lifeguard Training

HIGH POINT SWIM CLUB  
1705 Whitehall St. HP, 27262



You must attend all classes listed and successfully pass skill tests and a written exam in order to be certified.

Certifications include: Lifeguard, CPR for the Professional Rescuer, First Aid and AED.

Class Dates: April 28- May 2

Wednesday and Thursday-6-8, Friday 6-9, Sat. 9-3, Sun. 2-5.

Class Limit: 10 registered and paid  
(Make checks payable to Edie Allen)

Cost: \$180 complete class

CPR/AED Recertification: \$70

~Minimum Age: 15 yrs old

~Other Pre-requisites: Complete 300 yds non-stop using front crawl and breaststroke and 1 other timed swimming test

~Required materials: Textbook (included in cost), notebook and pen, swim suit and towel

~Personal Pocket Mask

(we will provide if needed, **however this is an extra cost- \$20**)

*Detach and mail with check made out to Edie Allen to: PO Box 5815 HP 27262*

Student's Name	Age
1. _____	_____
2. _____	_____
Parents Name _____ / _____	
Phone _____	
Email _____	
Address _____	
Town _____	Zip _____

I need a Personal Pocket Mask. Add \$20