



Princeton University Aquatics

USA Swimming Coach Certification Classes

USA Swimming requires all swim coaches to be certified in the following:

- CPR
- First Aid
- Safety Training for Swim Coaches (lifeguard training will no longer be accepted as a substitute effective in July of 2008)

In order to make this transition as easy as possible we will offer each of these American Red Cross courses at Princeton University's DeNunzio Pool during the first week of April, just in time for the long course season.

Safety Training for Swim Coaches Review

This 4-hour course provides an expedited review of key concepts and in-water skills. Participants must have basic-level certification that is current or expired no more than 12 months past the certification's normal 3-year validity period in one of the following: Safety Training for Swim Coaches, Lifeguarding, Waterfront Lifeguarding, Waterpark Lifeguarding, Shallow Water Attendant, or Basic Water Rescue.

Course Fee: \$70 - includes Swimming & Water Safety textbook (discount available if participant owns textbook, brings it to class, and alerts instructor ahead of time)

Course Schedule: Wednesday, April 2, 2008 – 9:30am-1:30pm

SIGN UP DEADLINE: Wednesday, March 26, 2008



Bathing Suit Required!

Safety Training for Swim Coaches Fast Track

This 4-hour program requires participants to obtain materials ahead of time and learn the course materials prior to completing an online exam. Participants will then attend a 4-hour classroom lecture and in-water skills training lesson at DeNunzio Pool.

Course Fee: \$70

Course Schedule: Thursday, April 3, 2008 – 9:30am-1:30pm

NOTICE: Deadline to sign up for this class is **Wednesday, March 19, 2008**. Books may be picked up on Monday, March 24, 2008. The course materials must be learned and online exam completed by class!



Bathing Suit Required!

Adult CPR/AED

This course will certify individuals in adult CPR/AED and includes topics such as breathing emergencies, choking emergencies, and cardiac emergencies.

Course Fee: \$70

Course Schedule: Tuesday, April 1, 2008 – 9:00am-1:30pm

SIGN UP DEADLINE: Wednesday, March 26, 2008

Standard First Aid (Must be taken in conjunction with Adult CPR/AED)

This course will certify individuals in Standard First Aid and includes topics such as soft tissue injuries, injuries to muscles, bones and joints, sudden illnesses, and heat/cold related emergencies.

Course Fee: \$25 *along with Adult CPR/AED class

Course Schedule: Tuesday, April 1, 2008 – 2:00pm-4:00pm

SIGN UP DEADLINE: Wednesday, March 26, 2008

BRING A LUNCH!!!!



SIGN-UP FORM

Name: _____ **Phone #:** _____

Mailing Address: _____

City: _____ **State:** _____ **Zip:** _____

Email Address: _____

Course Selection:

Safety Training For Swim Coaches Review - \$70

Current or recent certification(required): _____ Expiration: _____

Safety Training For Swim Coaches Fast Track - \$70

Adult CPR/AED - \$70

Adult CPR/AED & Standard First Aid - \$95

Total Amount: _____

Please include payment, check only payable to Princeton Aquatics, and mail to:

Greg Paczkowski
Princeton Athletics
P.O. Box 71
Princeton, NJ 08542

For more information please contact Greg Paczkowski at:

gpaczkow@princeton.edu

609-258-1801