



**American
Red Cross**

JVMP Aquatics Lifeguard Training Course

Welcome to JVMP's Water Safety!

Here at JVMP we are committed to ensuring patron safety and providing the best quality of Health and Safety Courses for our public. We offer several classes provided by a number of our American Red Cross Instructors.

Want to become CPR qualified? Take our CPR for the Professional Rescuer Course. You will feel accomplished and confident that you can provide care in an emergency.

Want to become a Lifeguard? Lifeguarding is a great summer job and builds great character in our youth. You will learn how to prevent injuries and provide First Aid & CPR in our Lifeguarding Course.

Have a question? Contact the Head Lifeguard at JVMP:

Jessica Bliven
(360) 675-7665

We look forward to seeing you!



Interested in taking a course?
Here is a list of our courses and costs.

CPR/AED for the Professional Rescuer with Oxygen Administration:

Cost: \$50.00 per person

Includes:

- 1 CPR mask
- 2 certifications valid for 2 years from completion date.

Basic First Aid:

Cost: \$50.00 per person

Includes:

- 1 certification valid for 3 years from completion date.

Lifeguard Training Course:

Cost: \$235.00 per person

Includes:

4 certifications in:

- Lifeguarding &
- Basic First Aid
(valid for 3 years)

- CPR/AED for the Lifeguard &
- Emergency Oxygen Administration (valid for 1 year)

Prerequisite for Lifeguarding Course:

- Participant must be 15 years of age by last day of class
- Participant must swim 300 meters (6 laps) non-stop front stroke and breast stroke face in making forward progress.
- Participant must retrieve a 10 lb. weight from 12 ft. under 1 min. 40sec.

To contact us:

John Vanderzicht Memorial Pool

Phone: (360) 675-7665

Fax: (360) 679-4034

85 SE Jerome Street

Oak Harbor, WA. 98277

Website: www.oakharborpool.com

Email: head_guard@live.com



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About Us

Tell customers about your company or organization. Include a brief description of your employees, the products or services you provide, and your company's goal or mission statement.

Change the picture to one of your own, such as a picture of your CEO, a major product, or your company headquarters.

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Caption describing picture or graphic.

To contact us:

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com



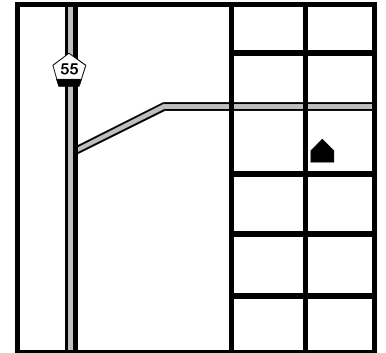
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Contact Us

Heading

Tell your customers how to contact you and where your company is located. Insert a map and type directions to your company. Include your phone number, fax number, and e-mail address.

Change the picture to one of your own, such as a map of your location.



To contact us:

Company or Organization Name

Type your street address or the name of your neighborhood.

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com



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Service List

List the services your company provides. To add more services, copy and paste additional text boxes.

Service name 1



Briefly describe the benefits of using this service. Change the picture to one of your own, such as a picture of the service.

• [More details...](#)

For more information about this service:

E-mail: someone@example.com

Service name 2



Briefly describe the benefits of using this service. Change the picture to one of your own, such as a picture of the service.

• [More details...](#)

For more information about this service:

E-mail: someone@example.com

Service name 3



Briefly describe the benefits of using this service. Change the picture to one of your own, such as a picture of the service.

• [More details...](#)

For more information about this service:

E-mail: someone@example.com

Service name 4



Briefly describe the benefits of using this service. Change the picture to one of your own, such as a picture of the service.

• [More details...](#)

For more information about this service:

E-mail: someone@example.com



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Calendar

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Schedule of Events

- 00/00/00 — Type the date of an upcoming event. Type the name of the event, the time, location, and a phone number to call for more information.

[More details...](#)

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Related Links

List links to pages within your Web site or links to other Web sites on the Internet. Explain how each page or site relates to your company or organization. To add more links, copy and paste additional text boxes. To increase your site's visibility on the Internet, ask other organizations to include a link to your site on their Web site.

Web site or page name 1

Select the Web site or page name above and link it to a Web address (URL).

Describe the site and explain why the site is useful to your reader.

Web site or page name 2

Select the Web site or page name above and link it to a Web address (URL).

Describe the site and explain why the site is useful to your reader.

Web site or page name 3

Select the Web site or page name above and link it to a Web address (URL).

Describe the site and explain why the site is useful to your reader.

Web site or page name 4

Select the Web site or page name above and link it to a Web address (URL).

Describe the site and explain why the site is useful to your reader.

Web site or page name 5

Select the Web site or page name above and link it to a Web address (URL).

Describe the site and explain why the site is useful to your reader.

Web site or page name 6

Select the Web site or page name above and link it to a Web address (URL).

Describe the site and explain why the site is useful to your reader.

To contact us:

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E-mail: someone@example.com

