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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRAINED TO SAVE LIVES

AMERICAN RED CROSS LIFEGUARD CERTIFICATION



GUARD

THE ALAMANCE COUNTY YMCA  
1346 S. MAIN STREET, BURLINGTON, NC 27215  
(336)395-9622 ACYMCA.ORG

FOR A BETTER US.

# AMERICAN RED CROSS LIFEGUARD COURSE

Lifeguarding is a challenging, rewarding, and important job. This American Red Cross Course will provide participants with a professional certification recognized by organizations across the country. This course will require hard work, determination, and professionalism that will develop the self-confidence and customer service skills necessary to become a lifeguard.

Ages: Students must be 15 years old by the last day of class.

Where: YMCA POOL and Conference Room. Blended course work is online.

Pre-requisite: 300 yard swim, tread water with legs only for 2 minutes, and a timed brick swim

**\*All participants will be expected to pass a pre-requisite test on the first day of class. Those that do not pass will be dropped from the class and refunded. Online course work must be completed by first day of class.**

Requirements for Certification: Complete the required 7 hours of online course-work before in-person class. Be present for every class. Pass 1 written tests with 80% accuracy and 2 skills test. Demonstrate all rescue & CPR skills with competency.

Cost: Includes digital book and pocket mask

Full Course: \$225 - due upon registration (Find out how to get fee reimbursed: contact Aquatics Director Alexa at alexa@acymca.org)

Recertification: \$175 - due upon registration

Class Schedule: Please circle which class you are interested in attending:

**June 10th 4pm-8pm, 11th 10am-4pm, & 12th 1pm-5pm OR July 22nd 4pm-8pm, 23rd 10am-5pm, 24th 1pm-5pm**

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Successful completion of the lifeguarding competencies may include some strenuous activities such as performing CPR and removing a victim from the water. If you have a medical condition, disability, or any concern about your ability to participate, please speak with your doctor and the instructor PRIOR to the pre-requisite date of your session.

Successful completion of the pre-requisites is required to continue in the course.

Participants who fail to complete the pre-requisite test will be offered a place in a later course or may request a refund per the YMCA refund policy. There are absolutely no makeup classes for lifeguarding. You must attend every class to successfully complete the course. No refund will be issued if a participant does not pass the course or does not attend the full course.

Participant Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

(If participant is under 18)