



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

American Red Cross Lifeguard Courses

Lifeguarding is a challenging, rewarding, and important job. This American Red Cross Course will provide participants with a professional certification recognized at most organizations across the country. The course and the job require hard work, determination, and above-average maturity. You will gain confidence, improve decision-making, and build customer service skills.

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

Where: YMCA POOL and Conference Room.

Cost: Includes digital book and pocket mask - see back for rebate.

Full Course: \$225

Recertification: \$175

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

Requirements for Certification:

Be present for every class

Pass 2 written tests with 80% accuracy

Demonstrate all rescue & CPR skills with competency

Dates and Times: Located on back

How to register:

1. Fill out the form and sign the waiver on the back.
2. Give the form to the front desk. This holds your spot in the class.
3. Come to the first session for pre-requisite. Payment is due this night.
4. Is the session you want full? Ask to be added to the wait list.

You can also register on-line at
www.acymca.org



Contact:

Kelli Ausman 336.395.9622

ALAMANCE COUNTY COMMUNITY YMCA

1346 South Main Street, Burlington NC 27215 P 336 395 9622 www.acymca.org

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**ARC Lifeguard Full Courses:
August 6,8,9,13,15 (2018)
10:00 AM - 4:00 PM**

Special Rebate - work for our YMCA and receive \$100.00 back. You must work 100 hours within a 4 month period to receive the rebate.

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)