



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. Blended course work is online.

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

All participants will be contacted by Kelli Ausman for a pre-requisite testing date, to be complete one week before the first day of class. Those not completing will be dropped from the class.

Cost: Includes digital book and pocket mask

Full Course: \$225 - due upon completion of pre-requisite

How to register:

- Pick your session (Dates and times located on reverse side)
- Fill out the form and sign the waiver on the back.
- Give the form to the front desk. This holds your spot in the class.
- 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, et 211 or kausman@acymca.org

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.

Please circle the class you are registering for

ARC Lifeguard Full Courses:

June 2019: 15, 17, 19, 20, 22; 10:00 AM - 4:00 PM

August 2019: 5, 7, 8, 10, 12; 10:00 AM - 4:00 PM

Current Certification holders looking for Re-Certification should plan on attending the last 2 days of the session

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)