



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 / Camp Frontier Pool & 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

Demonstrate all rescue & CPR skills with competency

Cost: Includes digital book and pocket mask

Full Course: \$225 - due upon completion of pre-requisite (Discounted Class Cost available - email David McDevitt for details—dmcdevitt@acymca.org)

Recertification: \$175 - due first day of class

How to register:

You can also register on-line at

www.acymca.org/programs



Contact:

Darla Smith - 336-395-9622, ext 211

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 Phase 2 Blended Course:

Wednesday, July 29 - 7:30 at the YMCA Pool - Prerequisite Testing (Can't make this time, contact Darla)

In-Water Skills Dates: August 8 & 9 (All Day) at Camp Frontier

To follow Social-Distancing Guideline - each student will need to provide a household member (12 & Older who is comfortable and able to go under water) to act as victim for In-Water Skills. Candidates will receive on-line information and schedule upon successful completion of Pre-Requisite.

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)