



**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](mailto:dmcdevitt@acymca.org)**)

**Recertification:** \$175 - due first day of class

### **How to register:**

You can also register on-line at

[www.acymca.org/programs](http://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](http://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:

Tuesday, May 25 - 12:00 - Prerequisite Testing (Can't make this time, contact Darla)

In-Water Skills Dates: May 30 & 31; or June 6 & 7 (All Day)

To follow Social-Distancing Guideline - each student will need to provide a household member (12 & Older) to act as victim for In-Water Skills. Candidates will receive 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)