



**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  
Demonstrate all rescue & CPR skills with competency

**All participants will be contacted by Darla Smith for a pre-requisite testing date, to be completed one week before the first day of class. Those not completing the pre-requisite tests will be dropped from the class.**

**Full-Course Cost:** \$225 - Due upon completion of pre-requisite (this includes digital book and pocket mask)

**Re-certification Cost:** \$175 - Due by the first day of class

**(Discounted Class Cost available - email David McDevitt for details—[dmcdevitt@acymca.org](mailto:dmcdevitt@acymca.org))**

### **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 online at [www.acymca.org](http://www.acymca.org).

### **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.

**\*Please circle the class you are registering for\***

**ARC Lifeguard Full Courses:**

**April 2020:** 13, 14, 15, 16, 17; 10:00 AM - 4:00 PM

**May 2020:** Friday: May 1st & 8th 5:00—9:00 PM; &  
Saturday: May 2nd & 9th 9:00 AM—6:00 PM; &  
Sunday: May 3rd 1:00 PM - 5:00 PM

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

**June & August dates—TBA**

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)