



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 and a skills test

All participants will be expected to do a pre-requisite test. Those who do not complete the test will be dropped from the class.

Cost: Includes digital book and pocket mask

Full Course: \$225 - due upon completion of pre-requisite (**Discounted Class Cost available - email Darla Smith @ dsmith@acymca.org**)

Recertification: \$175 - due first day of class

How to register:

- 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: Darla Smith @ dsmith@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**

ARC Lifeguard Full Courses:

June 2021: 7th, 8th, 9th, 10th, 11th , 8:30am - 3:30pm

Dates and times may be subject to change

Current Certification holders looking for Re-Certification should contact Darla for when to attend class

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: _____