



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

Demonstrate all rescue & CPR skills with competency

**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 David McDevitt for details—[dmcdevitt@acymca.org](mailto:dmcdevitt@acymca.org))

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

**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](http://www.acymca.org)

**Contact:** Darla Smith @ [dsmith@acymca.org](mailto:dsmith@acymca.org)

**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 2021:** 6th, 10:00am - 5:00pm  
7th and 8th, 9:00am - 4:00pm

**May 2021:** 27th, 28th, 29th and 30th Times TBA

Dates and times may be subject to change

**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)