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AMERICAN RED CROSS LIFEGUARD CERTIFICATION

GUARD

THE ALAMANCE COUNTY YMCA
1346 S. MAIN STREET, BURLINGTON, NC 27215
(336)395-9622 ACYMCA.ORG

FOR A BETTER US.

AMERICAN RED CROSS LIFEGUARD COURSE

Lifeguarding is a challenging, rewarding, and important job. This American Red Cross Course will provide participants with a professional certification recognized by organizations across the country. This course will require hard work, determination, and professionalism that will develop the self-confidence and customer service skills necessary to become a lifeguard.

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

***All participants will be expected to pass a pre-requisite test. Applicants who do not complete the test will be dropped from the class. Contact the Aquatics Director, Alexa Zollicoffer at alexa@acymca.org to schedule your pre-requisite test.**

Requirements for Certification: Complete the required 7 hours of online course-work before in-person class. Be present for every class. Pass 2 written tests with 80% accuracy and a skills test. Demonstrate all rescue & CPR skills with competency

Cost: Includes digital book and pocket mask

Full Course: \$225 - due upon completion of pre-requisite (Find out how to have fee waived: please contact Alexa at alexa@acymca.org)

Recertification: \$175 - due first day of class

Class Schedule: Please circle which class you are interested in attending.

March: 14th, 15th & 16th 9am-4pm or April: 19th, 20th, 21st 9am-4pm or May: 20th, 4pm-8pm, 21st & 22nd 9am-5pm

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)