



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## American Red Cross Lifeguard Course

### REGISTRATION:

- Participants must be at least 15 years of age before the last scheduled class session
- Participants must be able to successfully complete the pre-course test which includes a timed swim of 300 yards continuously using a combination of freestyle and breaststroke, treading water, a timed event with diving weight, and other basic swimming skills
- Participants under the age of 18 must have parental consent
- Participants are required to attend every session of the course

### COURSE DATES AND TIMES:

Friday, Dec 27, 8am-5pm

Saturday, Dec 28, 8am-5pm

Sunday, Dec 29, 1pm-4pm

**\*\*Participants must attend every scheduled day of the course.\*\***

### FEES:

Member price \$175, Non-member price \$225. (Price includes rescue mask and digital course book.)  
If participant does not pass the skills pre-test, they will be refunded \$65.

### ONLINE COURSE REQUIREMENT:

- Participants will be required to complete the online content before learning the in-water skills. Instructions for the online content will be emailed to all registered participants after registration.
- We encourage participants to register early in order to secure a spot in the class and to receive the online content in a timely manner.
- Registration closes Friday, Dec 20, 2019.

### WHAT TO BRING:

- Towel and swim suit are required for every session of the course
- Participants are encouraged to bring their own lunch and snacks as the lunch break will be approximately 30 minutes

Upon successful completion of the course, each participant will be certified through the American Red Cross in Lifeguarding/First Aid/CPR/AED for the Professional Rescuer (valid for 2 years.)

For additional questions please email Meredith at [meredith@gapiedmontymca.org](mailto:meredith@gapiedmontymca.org).



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## American Red Cross Lifeguard Course Registration Form

Dec 27-29, 2019

**\*\*\*Please provide the email you check most regularly in order to receive the online content.**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

DOB \_\_\_ / \_\_\_ / \_\_\_\_\_ Age \_\_\_\_\_

(Please make sure you provide the best address in order to mail certification cards.)

Emergency Contact Name \_\_\_\_\_

Emergency Contact Cell Phone \_\_\_\_\_

Any physical concerns that we should be aware of?

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If you are under 18 years of age:

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Parent Cell Phone \_\_\_\_\_

### Class Fees:

Member Price: \$175

Non-Member Price: \$225

Class participants will receive rescue mask and course book.  
Participants must complete the online content prior to the in-water skills.  
If participant does not pass the skills pre-test, they will be refunded \$65.  
Please see attached information for additional requirements.

YMCA MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."