**ARC Lifeguarding with Administering Emergency Oxygen Course**

**September 2025 Information**

September 10th 4-8:30pm

September 12th 4-8:30pm

September 13th 8am-5pm

September 15th 4-8:30pm

**Cost of class is $125.00**

***ATTENDANCE IS REQUIRED ALL DATES AT***

***THE WINDER BARROW BRAD AKINS YMCA***

*50 Brad Akins Drive*

*Winder,Ga 30680*

**The Lifeguarding course provides participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies in both shallow water (less than 7 feet) and deeper water (7 feet or more) and to provide professional level care for breathing and cardiac emergencies injuries and sudden illnesses until EMS personnel take over. Participants who successfully complete this course receive an American Red Cross certificate for Lifeguarding (including deep water) with CPR/AED for Professional Rescuers and First Aid valid for 2 years and Administering Emergency Oxygen valid for 2 years. This class is taught in a blended learning format and the assigned online portion(s) (accessed via mobile desktop or tablet) must be completed prior to each instructor-led session.**

**Make payment online:**

[**ARC Lifeguard Course registration**](https://operations.daxko.com/ProgramsV2/OfferingDetails.mvc?program_id=TMP56258&offering_id=SES1417565&location_id=B135&filter=H4sIAAAAAAAEAG1Sy26DMBD8lz0TySblEW7tpT-QW1RZjlmoVfBGtmmEovx77RBIaHud2Z2dnd0LSCeogeoCPdUIFVhstfNWek1GkFKDdeKI_oxoIAHnpfWhKmVptmHlhqd7nlWsqBgLLJp64vINS1fcNQElPbZkR6FrB9UB9q_vKctz-EigIzXNu1NvfJtFnJoGrTat8OMJIxOwlb-IQ8UT0EZ1Q41CG6m8_kZxn6ZjWyM7h__UzGMfJbUcYxxhKoZNzNB1CXjdo7DStLODOkivgKO2_lNE2M1Ni3O96JwstVb2T8gXjmey9dI0G2ykQh9Qbwd8nr8Qh8tyCJY9R895le1C2A-epys-_8OvT7e98b9jfmy8WJgcd7rXQSVl4TMo6h1g4xRZDIpG9jh_zE0hXlQ2Hu3craiPETkis1ygxykhnmVFXrzsJmQw2t_gku3KMi_W3yTohMEp3YWvP7NtUonVAgAA0&mem_unit_id=8098867&mem_id=15576749) **(QR code here)**

**Note: Payment does not secure a spot in the course. You must**

**contact Mollie via Email at mollile@gapiedmontymca.org for confirmation of registration by September 8th.**

**Students must pass the physical skills test the first day of the class and be 15 years of age by the first day of the scheduled class, to attend.**

**Physical Competency Requirements:**

The prerequisite swim is a screening phase that will determine if participants can continue with the class or if they would benefit from more practice before attempting the course.

**Prerequisites: 1. Minimum age: 15 years; 2. Complete a swim-tread-swim sequence: Jump in to the water submerge resurface swim 150 yards using the front crawl breaststroke or a combination of both maintain position at the surface of the water for 2 minutes by treading water using only the legs then swim 50 yards using the front crawl breaststroke or a combination of both. 3. Complete a timed event within 1 minute 40 seconds by starting in the water swimming 20 yards surface dive (feet-first or head-first) to a depth of 7 to 12 feet to retrieve a 10-pound object return to the surface and swim 20 yards on the back to return to the starting point holding the object at the surface with both hands exit the water without using a ladder or steps**

**Lifeguard Course Registration Form**

Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

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

Any physical concerns that we should be aware of? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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If student is under 18 years of age:

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

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