

YMCA Lifeguard Certification Course

April 2026 • Brad Akins YMCA – Winder, GA

50 Brad Akins Drive • Winder, GA 30680

Cost: \$125

Course Schedule:

Date	Day	Time
April 15	Wednesday	6:00–9:00 PM
April 17	Friday	6:00–9:00 PM
April 18	Saturday	8:00 AM–5:00 PM
April 19	Sunday	1:00 PM–5:00 PM
April 24	Friday	6:00–9:00 PM
April 25	Saturday	8:00 AM–5:00 PM

The YMCA Lifeguard V7 course prepares participants to serve as professional lifeguards and rescuers. Certifications earned through ASHI:

- Basic Life Support (BLS)
- Adult & Pediatric First Aid
- Emergency Use of Medical Oxygen

Topics include accident prevention, scanning and guarding techniques, emergency systems, rescue skills, spinal injury management, legal responsibilities, pool maintenance, and job-readiness.

How to Enroll:

1. **Submit Form & Payment** in person at the welcome desk at The Brad Akins YMCA
2. **Check your email.** You will be sent the following:
 - 3 Online courses and links (8–10 hrs)
 - 1 Enrollment link for in-person class - Online work must be completed before class enrollment - After all e-learnings are complete, you **must register for the class using the appropriate link provided by the instructor.**

Deadlines:

- **April 13 Monday** Form and payment submission at The Y.
- **April 14 Tuesday** Completion of online coursework and registration using the link provided in email. (You will not be able to register unless all pre-work is done)
- **April 15 Wednesday** Attend Class & Swim Test
 - No refunds. Be prepared and confident!

Physical Competency Swim

Students must be **at least 15 years old** by the first day and pass all phases to continue:

Phase 1 – Continuous Swim (350 yards total):

- 100 yards front crawl
- 100 yards breaststroke
- 50 yards front crawl with head up
- 50 yards breaststroke with head up
- 50 yards elementary backstroke kick (hands on chest/stomach)

Phase 2 – Tread Water:

- 2 minutes without using arms

Phase 3 – Combined Skills Event (no goggles):

- Start in water and sprint ~20 yards
- Surface dive in 6 ft of water
- Retrieve object from bottom
- Tread water 1 minute (legs only) holding the object
- Swim the rest of the pool on your back holding the object
- Exit pool, and immediately perform 1 minute of compressions on an adult manikin

Student Checklist

- Submit form & payment by **April 13**
- Complete online coursework (8–10 hrs) via Instructor’s email and link
- Register for in-person class via instructor’s same link by **April 14** (Scroll to the bottom of the page to register-click all the way through each page until you have received confirmation that you are registered)
- Be prepared for physical swim test on first day **April 15**
- Bring swim gear, towel, and a positive attitude!

Questions: Contact Tina Henderson at TinaH@gapiedmontymca.org

Lifeguard Course Registration Form

Please write legible

Student Name _____

Student Email _____

Address _____

City _____ Zip _____

Student Phone _____

DOB _____ Age _____

Must be 15 years of age by the first day of class

Emergency Contact Name _____

Emergency Contact Phone _____

Any physical concerns that we should be aware of?

If student is under 18 years of age:

Parent Signature _____

Parent Cell Phone: _____

Parent Email: _____

YMCA OF GEORGIA'S PIEDMONT PARTICIPANT WAIVER

As a participant in programs offered through the YMCA of Georgia's Piedmont for either myself or my child, the undersigned acknowledges and agrees to the following:

1. The YMCA is a Christian organization, and my child and I are expected to conduct ourselves in accordance with the teachings of Jesus Christ.
2. I give my permission to the YMCA of Georgia's Piedmont for the use of photos and slides that may be taken of my child or of myself and to use, without limitation or obligation, photographs, film footage, or tape recordings which may include either my image or voice or the image and voice of my child for purposes of promoting or interpreting YMCA programs.
3. I acknowledge that the YMCA of Georgia's Piedmont is not responsible for any injury or illness that may occur to me or my child during participation in its activities or programs. This includes the use of any equipment, exercises, or participation in events held on YMCA property or in conjunction with activities sponsored by the YMCA of Georgia's Piedmont.

In consideration of the privilege of participation at the YMCA, I hereby voluntarily release and discharge the YMCA of Georgia's Piedmont, its officers, directors, employees, agents, and/or servants from any and all claims, including injury, illness, death, loss, or damage, which I or my child may suffer as a result of participation in these activities. I acknowledge that fees paid to the YMCA of Georgia's Piedmont to participate in activities do not provide accident or medical insurance, and I completely release the YMCA of Georgia's Piedmont, along with its officers, directors, and employees, from any claims or liability.

Furthermore, I acknowledge that athletic activities involve the risk of head injuries and concussions. The YMCA of Georgia's Piedmont is committed to promoting concussion awareness and athlete protection. I understand and agree:

- Participants should report any signs or symptoms of concussion immediately to YMCA staff or coaches.
 - Participants suspected of having a concussion will be promptly removed from play and will not be allowed to return until cleared by a licensed health care provider.
 - The YMCA encourages all families to educate themselves and their children about concussion symptoms and safe return-to-play practices.
 - Possible symptoms of a concussion may include:
dizziness or balance problems, headache, confusion or disorientation, sensitivity to light or noise, nausea or vomiting, blurred vision, difficulty concentrating, memory problems, feeling sluggish or groggy, and mood or behavior changes.
Participation indicates understanding and acceptance of these safety measures.
4. I understand the YMCA of Georgia's Piedmont is not responsible for personal property lost or stolen while members and/or program participants are using YMCA facilities, participating in YMCA activities, or on YMCA premises.
 5. While the YMCA of Georgia's Piedmont will make every attempt to provide reasonable accommodation for mentally and physically challenged children and adults, the YMCA will not

accept children or adults that are (a) of danger to themselves, (b) of danger to others, or (c) a disruption to the normal activities making it unreasonably difficult for other children or adults to enjoy YMCA programs and activities. Any of the above reasons will be grounds for dismissal from YMCA programs and activities. We strongly recommend that you discuss with YMCA of Georgia's Piedmont staff any special conditions or circumstances involving your child or an adult member in your household. We request that you do this prior to registration so that we can advise you as to whether we can make any reasonable accommodation for your child or adult household member.

Transportation Release of Liability

In the event that transportation is provided, coordinated, or arranged by the YMCA of Georgia's Piedmont for myself or my child to or from YMCA-sponsored activities or events, I understand and agree that the YMCA assumes no responsibility or liability for any accident, injury, illness, loss, or damage that may occur during such transportation. I hereby release and discharge the YMCA of Georgia's Piedmont, its officers, directors, employees, agents, and volunteers from any and all claims or liability arising out of or in connection with transportation services provided in association with YMCA programs or events.

ACCEPTANCE

I have read and willingly signed this waiver, release of liability, and indemnification agreement, and I confirm that no verbal promises or statements have been made other than what is written in this document. I also accept the Conditions of Membership as well as the conditions imposed upon participants, both youth and adult, in activities and programs provided by the YMCA of Georgia's Piedmont.

Participant's Name (Printed): _____

Participant's Signature: _____

Date Signed: _____

If the participant is a minor, Parent's/Guardian's Name (Printed):

Parent's/Guardian's Signature: _____

Date Signed: _____