



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## American Red Cross Lifeguard Course

### REGISTRATION:

- Participants must be at least 15 years of age
- 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
- We have two course offerings for participants to choose from. Participants can only attend the course in which they are registered.

### COURSE DATES AND TIMES:

#### Course 1:

Monday, April 3 - Thursday, April 6, 10am-4pm

Registration Deadline: Monday, March 27

#### Course 2:

Friday, May 5 - 4pm-8pm

Saturday, May 6 - 8am-4pm

Sunday, May 7 - 8am-4pm

Registration Deadline: Wednesday, April 26

**\*\*Participants must attend every day of their registered session.\*\***

### ONLINE COURSE REQUIREMENT:

- Participants will be required to complete the online content BEFORE the in person 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.

### 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@gapiedmontymca.org](mailto:meredith@gapiedmontymca.org).



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## American Red Cross Lifeguard Course Registration Form

\*\*\*Please provide the email you check most regularly in order to receive the online content. This should be the same email that you will use for the online portion of the course.

Name \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

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

Any physical concerns that we should be aware of?

\_\_\_\_\_  
\_\_\_\_\_

If you are under 18 years of age:

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

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

Please select one course:

\_\_\_\_\_ Course 1: Monday, April 3 - Thursday, April 6, 2023

\_\_\_\_\_ Course 2: Friday, May 5 - Sunday, May 7, 2023

### Class Fees:

Member Price: \$175

Non-Member Price: \$225

Class participants will receive a rescue mask and digital course book.

Participants must complete the online content prior to the first day of class.

If participant does not pass the skills pre-test, they will be refunded \$65.

Please see attached information for additional requirements.

Participants must attend every day of their registered session.

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

## YMCA OF GEORGIA'S PIEDMONT PARTICIPANT WAIVER

### 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 that 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 understand the YMCA of Georgia's Piedmont assumes no responsibility for injuries or illness which I or my child may sustain as a result of physical condition or resulting from participation in any athletic activities, sports programs, the use of any equipment, exercises, or other activities while on the property of or in conjunction with any activity held, coordinated or 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 claims whatsoever, including for injury, illness, death, loss or damage which I or my child may suffer as a result of my/his/her participation in these activities. I understand that no accident or medical insurance is provided with these activities. I fully indemnify and hold harmless the YMCA of Georgia's Piedmont, its officers, directors and employees from any and all claims.
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 accommodations 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 a reasonable accommodation for your child or adult household member.

### Refund Policy

**Withdrawal 10 or more days before start of program:** Director will give a full system credit or a refund (minus a \$10 administrative fee) in the way the original payment was made.

**Withdrawal less than 10 days before start of program:** Director will issue a full system credit. No refunds will be given.\*

**Withdrawal once program has started:** Director will issue a system credit for only the remaining part of the program. No refunds will be given.\*

### ACCEPTANCE

I have read and voluntarily signed this **waiver and release** of liability and **indemnification** agreement, and further agree that no oral representation, statements or inducements apart from the foregoing written agreement have been made. 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.

\_\_\_\_\_  
**Child's Name (Print)**

\_\_\_\_\_  
**Parent/Guardian Name (Print)**

\_\_\_\_\_  
**Signature of Parent/Guardian**

\_\_\_\_\_  
**Date**