Lifeguard Certification

Prerequisites:

- Must be 15 years old, bring proof of age
- Be able to swim 300 yards, freestyle, breast-stroke or a combination of the two, face in the water.
- Swim 20 yards, surface dive to a depth of 7-10 feet and retrieve a 10 lb. object, return to the surface, swim 20 yards to the starting point with the object and exit the water without using a ladder or steps, within one minute and 40 seconds.
- Tread water continuously for two minutes unsupervised with hands in arm pits.

Prerequisites must be completed on Friday, at 6:45 PM at the Y one week prior to class in order to participate in the class the following weekend.

There is a 10 hour online portion of the class that must be completed prior to class. A link will be provided via email after signup. Registration deadline is one week prior to class. NO EXCEPTIONS

Class Dates:
February 28 & 29  
March 13 & 14  
April 24, 25 (8-12pm) & 26  
May 1st & 2nd

*PLEASE NOTE* CLASS IN APRIL WILL BE HELD ON FRIDAY NIGHT AND SUNDAY MORNING/ AFTERNOON (SAME TIME AS SATURDAY CLASSES).

Class Times:
Friday 5:00 - 10:00 PM  
Saturday 8:00 AM - Finish
YOU MUST BE PRESENT FOR ALL OF THE CLASSES! NO EXCEPTIONS

Fees:
$200 class fee ($75 nonrefundable)
Please make checks payable to the YMCA

This course is designed to teach lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. Certification will be issued to candidates who successfully complete requirements in the American Red Cross Lifeguard Course. Taking the class doesn’t guarantee passing the class. If you need to practice swimming before the class or if you have any questions contact Kim at kseggerman@beatricemyca.org.

Lifeguard Certification Class I will be attending (circle one)
February 28/29  March 13/14  April 24-26  May 1/2

Participant’s Name: ___________________________________________ Gender: _______ DOB: __________________________
Address:________________________________________________________ City:____________ ZIP:________ State:_____
Phone Number:___________________________________________________ Email:_________________________

If wanting to pay by credit card please fill out the following:

Name on card:_________________________ Card #:________________________ Expiration Date:_______ CVC:____

Parent Consent: My child has approval and consent to participate in the Lifeguarding course offered by the YMCA. I understand that the YMCA, Instructors or Aquatics Coordinator assume no liability for any accident or injury that may occur during the course of the program. I release the Beatrice Mary Family YMCA, its staff & volunteers from all claims of injury which may be sustained by above child while participating in any YMCA-sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required, I give my permission for such medical care. I also agree to follow the Beatrice Mary Family YMCA's behavior standards and guidelines. By signing below, I give the YMCA permission to use photographs or videos of the above named participant for promotional materials. I understand that refunds will be made only for full class session registrations canceled by the YMCA. The YMCA reserves the right to cancel programs with insufficient registration. Programs may be cancelled due to inclement weather. I also understand that class session registrations canceled by the registrar, more than 1 week prior to the starting date of a session or the day of the program, whichever is earlier, may be issued credit vouchers good for purchasing Beatrice Mary Family YMCA services or merchandise within one year of the date of issue.

Participant (over 18) or Parent/Guardian Signature________________________________________Date____________

FOR OFFICE USE ONLY
Program Fee:__________
Date:____________ Amt Due:_______
Payment Method: [ ] Check:_______
[ ] Cash:_______
Staff Name:________________________