



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TRAINED TO SAVE LIVES

Lifeguard Training HARRISON FAMILY YMCA

This course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. Courses include First Aid, AED training, Water Rescue Skills, and CPR for the professional rescuer. After successful completion of the course, the individual will be a certified lifeguard and can **apply for employment at the YMCA! Flip to the back for dates and registration form.**

PRE-REQUISITES:

- Minimum age 15, Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
- Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the 10 pound object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance underwater.
 - Exit the water without using a ladder or steps.
- American Red Cross Certification Requirements: attend all class sessions; demonstrate competency in all required skills, demonstrate competency in 3 final skill scenarios, and correctly answer at least 80% of the questions on the final written exams.

Fees

COMPLETE COURSE | \$210

- Pocket Mask is included in price.

RE-CERTIFICATION COURSE | \$110

*Lifeguarding participant manual can be downloaded at www.redcross.org. You can print it or bring your laptop, tablet, etc.

*15% of the program fee is non-refundable should the registration be cancelled by the registrant. 100% will be refunded should the program be cancelled by the Y.

*There will be no refunds if pre-work and prerequisites are incomplete. Partial refunds issued IF and ONLY IF the participant has COVID or has been exposed to someone with COVID or begins to develop symptoms and can not complete the course.

OTHER INFO TO KNOW

- For the Complete Courses
 - 7 hours of online pre-work must be completed at least 48hrs in advance of the course begin date. Participants will be sent the link to complete via email. Please ensure your email address is updated at the Front Desk; that is where the link will be sent to.
 - Prerequisites will be performed the first date of the course session. If participants are unable to complete the pre-work on time or unable to demonstrate the pre-requisites the first date of the course, it is an automatic fail per American Red Cross.
 - **ALL online pre-work and prerequisites (200 yd. swim, brick, tread) MUST be completed satisfactorily prior to continuing the course.**
- There will be a maximum number of participants in each class, first come, first serve for a total of 6 spots.
- Masks will be required at all times unless physically in the water.
- When performing in-water rescues, participants will demonstrate skills using a life-like mannikin. There will be no direct person on person contact and social distancing will be required.



HARRISON FAMILY YMCA
1000 Independence Drive Rocky Mount, NC 27804
P 252 972 9622 harrisonfamilyY.org

REGISTER HERE!

First and Last Name _____ D/O/B _____

Address _____ City, State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email _____

Emergency Contact _____

Home Phone _____ Work Phone _____ Cell Phone _____

COURSE SCHEDULE

(Please check which course you are registering for below)

Re-Certification Course
Monday, Jan 18th
9am - 4pm

At this time, the classes above are the only ones scheduled.
Check here to be added to a waitlist for more classes, or e-mail
kbillups@rmymca.org.

Re-Certification Course
Thursday, March 11th
9am - 4pm

Complete Course
Mon - Thurs, April 5th - 8th
9:30am - 3pm

Complete Course
Mon - Wed, May 24th - 26th
9am - 4pm

WAIVER OF LIABILITY: I understand and agree that the Rocky Mount Family YMCA, Inc. (d/b/a Harrison Family YMCA) nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury may suffer during or resulting from my participation in this program. I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my participation in this program. I also represent and warrant that I have been advised to seek consultation from my doctor about whether I can safely participate in this program and whether there are precautions or limitations to my participation. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature

Date _____