



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Lifeguard Training Courses

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

RE-CERTIFICATION COURSE | \$100/YMCA MEMBERS & \$110/COMMUNITY MEMBERS

- Pocket Mask is \$15 or you can bring your own.
- 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.



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

Mon, Jan 21st

8am - 6pm

Complete Course

Mon - Thurs, Feb 18th - 21st & 25th - 28th

4 - 7:30pm

Complete Course

Mon - Thurs, March 11th - 14th & 18th - 21st

4 - 7:30pm

Re-Certification Course

Sat, April 13th

8am - 6pm

Complete Course

Mon - Thurs, April 22nd - 25th

9am - 4pm

Complete Course

Mon - Thurs, May 13th - 16th & 20th - 23rd

4 - 7:30pm

Complete Course

Mon - Thurs, June 10th - 13th

9am - 4pm

Re-Certification Course

Fri, August 16th

8am - 6pm

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 _____