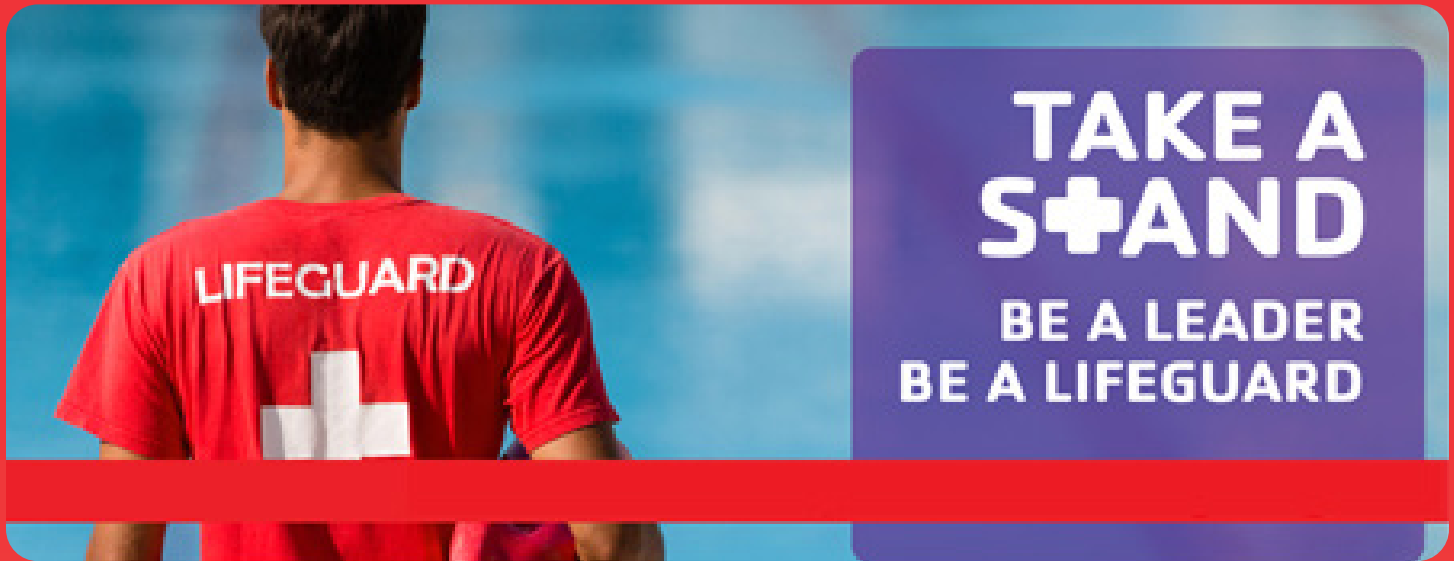




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# 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 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.
- Lifeguarding participant manual can be downloaded at [www.redcross.org](http://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](http://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](http://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)

- Complete Course**  
**Mon - Thurs, Oct 14<sup>th</sup> - 17<sup>th</sup> & 21<sup>st</sup> - 24<sup>th</sup>**  
4pm - 7:30pm
- Re-Certification Course**  
**Monday, January 20<sup>th</sup>**  
8am - 6pm
- Complete Course**  
**Mon - Thurs, Feb 17<sup>th</sup> - 20<sup>th</sup> & 24<sup>th</sup> - 27<sup>th</sup>**  
4 - 7:30pm
- Re-Certification Course**  
**Sat, March 21<sup>st</sup>**  
8am - 6pm
- Complete Course**  
**Mon - Thurs, March 16<sup>th</sup> - 19<sup>th</sup> & 23<sup>rd</sup> - 26<sup>th</sup>**  
4 - 7:30pm
- Complete Course**  
**Tues - Fri, April 14<sup>th</sup> - 17<sup>th</sup>**  
9am - 4pm
- Re-Certification Course**  
**Friday, May 22<sup>nd</sup>**  
8am - 6pm
- Complete Course**  
**Tues - Fri, May 26<sup>th</sup> - 29<sup>th</sup>**  
9am - 4pm
- Complete Course**  
**Mon - Thurs, June 1<sup>st</sup> - 4<sup>th</sup>**  
9am - 4pm
- Complete Course**  
**Mon - Thurs, June 8<sup>th</sup> - 11<sup>th</sup>**  
9am - 4pm
- Re-Certification Course**  
**Friday, August 7<sup>th</sup>**  
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 \_\_\_\_\_