



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD COURSES

\$0 TRAIN TO WORK



\$200 MEMBERS \$400 NON MEMBERS

**Read the Full Lifeguard Candidate Welcome Letter on the back before registering*

Registration Form (one form per person)

Registration closes 1 week before the start date of any class. Register at either branch.

Name _____ Birth Date _____

Address _____ City _____ State _____ Zip _____

Contact# _____ E-mail _____

I hereby register for Lifeguard Training. I allow the YMCA to seek emergency care for myself or my child if required. I also grant the YMCA permission to use photographs of my child in promotional material such as brochures, ads, websites, or newspaper releases. I will not be informed or reimbursed for such photographs.

Name _____ Date _____

Signature _____

Guardian Name & Signature (if under 18)

For Office Use Only: Train20 Branch 2 Date _____ Amount _____ Staff _____

Lifeguard Candidate Welcome Letter

Dear Lifeguard Candidate,

The Y believes that preventing an accident and saving a life is worth the hours of training and dedication essential to becoming a competent lifeguard. YMCA-certified lifeguards have a serious responsibility to prevent accidents and handle emergencies properly. It is imperative that lifeguards and aquatic safety assistants are physically trained, mentally alert, and have the maturity to safely guard an aquatic area. **40% of all candidates fail the course.**

We expect you to demonstrate your maturity **at all times** during classroom and pool instruction by:

- Participating in **ALL** class, pool, and practice sessions.
- Arriving promptly and prepared with a picture ID or other proof of age.
- Presenting a positive attitude and demonstrating courteous class conduct.
- Making an appointment with the instructor if you have specific testing needs.

To participate in the YMCA lifeguard course, you must meet the following prerequisites:

- Be at least 16 years old by the last day of the scheduled course.
- Pass the following Physical Competency Requirements (conducted in class on the first day):
 - Phase 1 – Tread water for 2 minutes then Swim 100 yards of front crawl
 - Phase 2—Swim 50 yards of each: Front crawl with the head up, Sidestroke, Breaststroke, Breaststroke with the head up, Elementary backstroke kick with hands on the chest. Then perform a feet first surface dive in 8 to 10 feet of water. Then swim underwater for 15 feet.
 - Phase 3 – Sprint for a distance of approximately 60 feet and then perform an arm-over-arm surface dive in 8 to 10 feet of water. Pick up an object (dive ring) from the bottom of the pool, surface and tread water for at least 1 minute with legs only, and then replace the object back on the bottom of the pool where it was found. Surface and swim the remaining length to the end of the pool and hoist yourself out of water without using a ladder. Immediately begin chest compression on an adult manikin for 1 minute or 100 compressions

To complete the course successfully, you will be required to perform the following:

- Demonstrate competency in each critical skill taught in the course; competency is defined as being able to perform each critical skill correctly and without guidance
- Successfully complete Basic Life Saving, First Aid for the Community, and Emergency Oxygen Administration certifications. Complete all eLearning assignments according to the schedule set by your instructor. The total eLearning time is 9 hours.
- Successfully complete water tests and all scenarios.
- Pass all written exams with at least an 80% score. The YMCA Lifeguard exam requires an 80% score or better on each section of the exam to pass.

Paying the course fee does not guarantee certification.

Lifeguard Courses 2020

Dec. 27-30 Registration deadline Dec 19

Fri-Mon 9am-3pm @Kerasotes

\$0 train to work, \$200 for members, \$400 for non-members

Feb. 15-16, 22-23 Registration deadline Feb 9

Saturdays and Sundays 10am-4pm @Kerasotes

\$0 train to work, \$200 for members, \$400 for non-members

Mar. 30-Apr 3 deadline Mar 24

Mon-Fri 4-8pm @ Kerasotes

\$0 train to work, \$200 for members, \$400 for non-members

April. 6-10 (Spring Break Class) Registration deadline Apr 1

Mon-Fri 9am-2pm @Kerasotes

\$0 train to work, \$200 for members, \$400 for non-members

May. 9-10, 16-17 Registration deadline May 4

Saturdays and Sundays 10am-4pm @Kerasotes

\$0 train to work, \$200 for members, \$400 for non-members

June. 15-19 Registration deadline June 10

Mon-Fri 9am-2pm @Kerasotes

\$0 train to work, \$200 for members, \$400 for non-members

July. 6-10 Registration deadline July 1

Mon-Fri 9am-2pm @Kerasotes

\$0 train to work, \$200 for members, \$400 for non-members

If you are interested in participating in our weekly Free Lifeguard

Academy held Wednesdays Downtown 230p-4p Please contact

Arthur Steiner- asteiner@springfieldymca.org

