



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME WHISTLE WORTHY

Lifeguard Training (American Red Cross)

Learn how to effectively prevent and respond to water emergencies with the American Red Cross Lifeguard Training. Our course is designed to arm you with the skills and knowledge to prepare you for a variety of scenarios in and around water.

PREREQUISITES

Students must be at least 15 years old by the last day of class

Students must pass a pre-course swimming skills test prior to taking lifeguarding courses

PROGRAM FEES

\$200

AVAILABLE SESSIONS

June 3rd – June 6th

June 10th – June 13th

June 17th – June 20th

June 24th – June 27th

TIMES

Wednesday – Friday 3:00 p.m. to 8:00 p.m.

Saturday 9:00 a.m. – 2:00 p.m.

FOR MORE INFORMATION

Aaron Byrd, Aquatics Director

abyrd@ymcasanangelo.org / 325-655-9106





AQUATICS PROGRAM REGISTRATION

Participant Name: _____ D.O.B. _____ Age: _____
Address: _____

Cell Phone: (____) _____ YMCA Member: YES NO

Parent's Name: _____

Cell Phone: _____

Participant's/Guardian's Email: _____

Emergency Contact: _____ Phone: _____

Are there any special conditions that the YMCA and instructors need to know about the participant?

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite skills evaluation by doing the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You 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.
2. Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. Your 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 your back to return to the starting point with both

hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.

The prerequisite skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class.

To successfully complete the course, you must attend the entire course, participate in all skill sessions/ drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.

The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If you have a medical condition or disability that might prevent you from participating in the activities, or have questions about being able to fully participate in the Lifeguarding course, please contact me to discuss this before the course begins.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Participants Signature: _____ Date: _____

Guardian Signature: _____ Date: _____

By signing, the Participant/Guardian fully understand all requirements of the course and that during this time social distancing is not feasible during the entirety of the course.