



WHY BECOME A LIFEGUARD?

Lifeguarding is not only a fun job, but it's a great way to develop leadership, decision making and communication skills. Certified Lifeguards are leaders in our pools and lifeguards help prevent injuries and are first responders.

LIFEGUARD CERTIFICATION COURSES 2022:

- Will receive certification in: Lifeguarding, First Aid, CPR/AED for the Professional Rescuer, Administering Emergency Oxygen, and Bloodborne Pathogens
- Must be at least 15 years of age to register
- Must pass pre-requisites
- In order to be successful: Must pass three written exams, skill scenarios, attend every class session, come prepared to class every day, and arrive to class on time.

Lifeguard Class #1

April 8-April 23

Pre-Req Test out date: Fri April 8 @2p

SAT April 16: 9a-6p

SUN April 17: 9a-6p

SAT April 23 9a-6p

Lifeguard Class #3

May 6-21

Pre-Req Test out date is Fri May 6 @2p

SAT May 14: 9a-6p

SUN May 15: 9a-6p

SAT May 21: 9a-6p

Lifeguard Class #2

April 22-May 7th

Pre-Req Test out date is Fri April 22 @2p

SAT April 30: 9a-6p

SUN May 1: 9a-6p

SAT May 7: 9a-6p

Lifeguard Class #4

May 20-June 4

Pre-Req Test out date is Fri May 20 @2p

SAT May 28: 9a-6p

SUN May 29: 9a-6p

SAT June 4: 9a-6p

Pre-Req Test Out:

300 yard swim (continuous)

20 yd 10lb brick retrieval in

(1 min 40 sec, no goggles)

2 min tread no hands

Cost:

Member: \$190

Community: \$245

PAID TRAININGS ARE OFFERED!

Contact: Austin Olsen Aquatics Director James Family Prescott YMCA

928-445-7221 EXT:239 austin.olsen@prescottymca.org

**Must have internet access to complete the online portion of the class!



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

How to Register for the online portion & complete:

1. Open an internet browser (preferably Firefox, Chrome, or Edge)
2. Go to: www.prescottymca.org
3. Click Programs
4. Click Certifications
5. Find where it states Link to American Red Cross Lifeguard Online Portion
6. Create a username and password
7. Close the entire internet browser
8. Reopen the browser and complete steps 1-5
9. Login using the newly created account information
10. Click launch course or begin
11. Complete the ENTIRE link before the first official day of class (not pre-requisites day)
12. Bring your completion certification to class on day 1.



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LIFEGUARD REGISTRATION

Cost: \$190/ Member \$245/ Community

(no refunds, transfers or credits)

First Name _____ **Last Name** _____

Address _____ **City** _____ **Zip** _____

Age _____ **Grade** _____ **Birthdate** / / _____

Email _____ (Required for the online portion)

Emergency Contact Name _____

Emergency Contact Phone Number # _____

Allergies or conditions that may limit activity:

How did you hear about our Lifeguard training? _____

I understand I or my child must be able to complete the pre-requisites for the course which include a 300 yard swim, 20 yard 10 pound brick retrieval in 1 minute 30 seconds, and 2 minutes of treading with no hands. The student must have access to a computer and internet to complete the online portion of the class prior to the first official day of class. If the student fails to complete the pre-requisites or the online portion it will result in failing the class. Payment must be received after completing the pre-requisites but before the first day of class.

Parent / Guardian Name / Participant *(if participant under 18 printed)*

Parent / Guardian/ Participant Signature *(if participant under 18 printed)*

_____ **Date** _____