



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRANSFORMING LIVES BUILDING RELATIONSHIPS

JUNIOR LIFEGUARDING

How old do I have to be?

11-14 years old

When is Training?

March 11-15 2019
Monday through Friday
9:00am-4:00pm

May 28-31 2019
Tuesday through Friday
8:30am-5:00pm

October 7-11
Monday through Friday
9:00am-4:00pm

How much is Training?

Members: \$120

Community: \$170

What will I learn in Junior Lifeguard?

- First Aid
- CPR
- Basic Lifeguard Skills
- Spinal Injuries on land and in the water
- Basic Swim Instructor Skills

What should I bring to Training?

- A positive and professional attitude
- A swim suit (one piece for girls)
- Water bottle and snacks
- Sack Lunch—food can be microwaved if needed
- Notebook for taking notes/ doing projects

What else do I need to know?

- This course requires a lot of swimming! Your child needs to be proficient in swimming to be fully prepared for this class.
- Financial assistance is available.
- Those who complete Junior Lifeguard Training and pass CPR and First Aid (part of the course) may have the opportunity to volunteer as a Junior Lifeguard during open swim hours, camp swim, swim lessons, or at other times of day. If a certified JR Lifeguard volunteers at least 100 hours at the YMCA they will get the Lifeguard class for half the price!





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUNIOR LIFEGUARD REGISTRATION

Cost: \$120/ Member \$170/ community (no refunds, transfers or credits) Please register early so we may adequately staff the training.

First Name _____ **Last Name** _____

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

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

Email _____ (for information and reminders)

Mother's Name _____

Home # _____ **Work#** _____ **Cell/Pager** _____

Father's Name _____

Home # _____ **Work#** _____ **Cell/Pager** _____

Phone # and contact name day of event _____

Allergies or conditions that may limit activity: _____

How did you hear about Junior Lifeguard Camp? _____

I understand my child will be participating in 12.5 feet of water and will be supervised by a trained lifeguard and swim instructor. I certify my child is a green wristband and is able to swim in deep water for extended periods of time. My child has my permission to participate in the Camp. In case of accident, injury or illness, the James Family Prescott YMCA has my authorization to secure, at my expense, such medical treatment as is deemed necessary. I understand that I will not hold the Prescott YMCA responsible for accidents or injury that may occur during the activities. I understand that the YMCA does not provide medical insurance for participants. I also authorize the Prescott YMCA to photograph and / or video my child while participating in Camp activities for future display and publications in order to promote this program. I authorize my child to answer any survey questions asked throughout the day.

Parent / Guardian Name (printed) _____

Parent / Guardian Signature _____ Date _____

I understand my child, if not picked up by the end of camp, on any day of camp will be unsupervised as our policy states anyone over 10 years of age is allowed to be in the facility unattended.

Parent / Guardian Name (printed) _____

Parent / Guardian Signature _____ Date _____