



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# LIFEGUARDING... A JOB SO HOT, IT'S COOL



## LIFEGUARD CERTIFICATION COURSES 2019:

- 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 two written exams, skill scenarios, attend every class session, come prepared to class every day, and arrive to class on time.
- Must complete online portion prior to the first full day of class (registration process on back)

### Lifeguard Class #1

**December 18-January 4**

Pre-Req Test out date is Tue Dec 18 @4p  
Wed Jan 2: 9a-6p  
Thur Jan 3: 9a-6p  
Fri Jan 4: 9a-6p

### Lifeguard Class #2

**March 5-13**

Pre-Req Test out date is Tue Mar 5 @4p  
Mon Mar 11: 9a-6p  
Tue Mar 12: 9a-6p  
Wed Mar 13: 9a-6p

### Lifeguard Class #3

**April 9-20**

Pre-Req Test out date is Tue Apr 9 @4p  
Sat Apr 13: 9a-6p  
Fri Apr 19: 9a-6p  
Sat Apr 20: 9a-6p

### Lifeguard Class #4

**April 23-May 11**

Pre-Req Test out date is Tue Apr 23 @4p  
Sat Apr 27: 9a-6p  
Sat May 4: 9a-6p  
Sat May 11: 9a-6p

### Lifeguard Class #5

**\*May 21-May 31**

Pre-Req Test out date is Tue May 21 @4p  
Tue May 28: 9a-6p  
Wed May 29: 9a-6p  
Thu May 30: 9a-6p  
\*Fri May 31: 9a-6pm  
\*May not need Friday...we will if the class hits 10 or more students

### Lifeguard Class #6

**June 26-July 3**

Pre-Req Test out date is Wed June 26 @12p  
Mon July 1: 9a-6p  
Tue July 2: 9a-6p  
Thur July 3: 9a-6p

### Lifeguard Class #7

**July 23-July 31**

Pre-Req Test out date is Tue July 23@4p  
Mon July 29: 9a-6p  
Tue July 30: 9a-6p  
Wed July 31: 9a-6p

### Lifeguard Class #8

**October 2-11**

Pre-Req Test out date is Wed Oct 2 @5p  
Wed Oct 9: 9a-6p  
Thu Oct 10: 9a-6p  
Fri Oct 11: 9a-6p

## Lifeguard Review/ Recertification Class:

(must be currently Lifeguard certified)

- 1) February 23: 8:30a-6p
- 2) March 16: 8:30a-6p
- 3) May 11: 8:30a-6p
- 4) July 27: 8:30a-6p

**Cost: Member: \$80  
Community: \$110**

### 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: \$175**

**Community: \$220**

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

### LGI/T Review Class:

(Must be currently LGI/T certified)

- 1) January 19: 8:30a-5p
- 2) March 23: 8:30a-5p
- 3) June 29: 8:30a-5p
- 4) Sept 28: 8:30a-5p

**Cost: Member: \$80  
Community: \$110**

### Contact:

Kelly Winkels, Aquatics Director  
kelly.winkels@prescottymca.org  
928 445 7221 ex239  
James Family Prescott YMCA  
750 Whipple Street  
Prescott, AZ 86301



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## **How to Register for the online portion & complete:**

1. Open an internet browser (preferably Firefox, Chrome, or Edge)
2. Go to: [www.prescottymca.org](http://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.

Email: Kelly Winkels at [kelly.winkels@prescottymca.org](mailto:kelly.winkels@prescottymca.org) if you are having issues. I cannot help you if you put this off until the day before the class begins. Other issues with the actual online portion not registration please direct to the Red Cross at 1-800-RED-CROSS



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# LIFEGUARD REGISTRATION

**Cost: \$175/ Member     \$220/ 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** \_\_\_\_\_