



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAINED TO SAVE LIVES

Learn Skills that Last a Lifetime

Join our Team and Make a Difference



LIFEGUARD CERTIFICATION COURSES SPRING 2021:

- 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

July 9-18

Pre-Req Test out date is July 9th @ 3:30pm
Saturday July 17th: 9:00am-6:00pm
Sunday July 18th: 9:00am-6:00pm

Lifeguard Class

July 23-August 1st

Pre-Req Test out date is July 23rd @ 3:30pm
Saturday July 31st: 9:00am-6:00pm
Sunday August 1st: 9:00am-6:00pm

Lifeguard Class

August 6-15

Pre-Req Test out date is August 6th @ 5:00pm
Saturday August 14: 9:00am-6:00pm
Sunday August 15: 9:00pm-6:00pm

Lifeguard Class

August 20-29

Pre-Req Test out date is August 20th @ 5:00pm
Saturday August 28: 9:00am-6:00pm
Sunday August 29: 9:00pm-6:00pm

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:
Members: \$185
Community: \$240

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

Where will the Training be held? The Prescott YMCA of Yavapai County

For more information email Austin Olsen at austin.olsen@prescottymca.org or 928-445-7221 Ext: 239



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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
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: Aquatics Direct at aquatics@prescottymca.org if you are having issues. We 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 & SWIM INSTRUCTOR REGISTRATION

(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** _____