LIFEGUARDING &
SWIM INSTRUCTION...
A JOB SO HOT, IT'S COOL

LIFEGUARD CERTIFICATION COURSES SUMMER 2020:

- 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
June 5-10
Pre-Req Test out date is June 5 @ 12:00pm
Monday June 8th : 1:00pm-5:00pm
Tuesday June 9th: 9:00am-5:00pm
Wednesday June 10th: 9:00am-5:00pm

Lifeguard Class
June 12-17
Pre-Req Test out date is June 12 @ 12:00pm
Monday June 15: 9:00am-5:00pm
Tuesday June 16: 9:00am-5:00pm
Wednesday June 17: 1:00pm-5:00pm

Lifeguard Class
July 13-19
Pre-Req Test out date is July 13 @ 12:00pm
Friday July 16: 9:00am-5:00pm
Saturday July 17: 9:00am-5:00pm
Sunday July 18: 9:00am-2:00pm

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:
Member: $185
Community: $240

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

YMCA Swim Instructor Training

- Must be at least 16 years of age. Will teach participants how to teach Y swim lessons using the YMCA methodology.

Class 1: July 9 & 10

Class Times: 9:00a-6:00pm

Price: Member: $60   **Community:** $120

There are 3 online links that must be completed prior to course start day. All information will be emailed a few days prior to the class start. There are fees associated with those links.

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

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)*

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

_____ **Date** _____