



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

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



LIFEGUARD CERTIFICATION COURSES 2018:

- 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

Lifeguard Class #1

Jan 5-Jan 15

Pre-Req Test out date is Fri Jan 5 @4p

Sat Jan 13: 9a-6p

Sun Jan 14: 9a-6p

Mon Jan 15: 9a-6p

Lifeguard Class #2

Mar 7-14

Pre-Req Test out date is Wed March 7 @4p

Mon Mar 12: 9a-6p

Tues Mar 13: 9a-6p

Wed Mar 14: 9a-6p

Lifeguard Class #3

April 10-21

Pre-Req Test out date is Tues Apr 10 @4p

Fri Apr 13: 4p-9p

Sat Apr 14: 9a-6p

Mon Apr 16: 4p-9p

Wed Apr 18: 4p-9p

Friday Apr 20: 4p-9p

Sat Apr 21: 9a-6p

Lifeguard Class #4

May 2-19

Pre-Req Test out date is Wed May 2 @4p

Wed May 9: 4p-9p

Fri May 11: 4p-9p

Sat May 12: 9a-6p

Wed May 16: 4p-9p

Fri May 18: 4p-9p

Sat May 19: 9a-6p

Lifeguard Class #5

May 21-June 1

Pre-Req Test out date is Mon May 21 @ 4p

Tue May 29: 9a-6p

Wed May 30: 9a-6p

Thur May 31: 9a-6p

Fri June 1: 9a-6p

Lifeguard Class #6

June 27-July 11

Pre-Req Test out date is Wed June 27 @ 12p

Mon July 9: 9a-6p

Tue July 10: 9a-6p

Wed July 11: 9a-6p

Lifeguard Class #7

October 2-12

Pre-Req Test out date is Tue Oct 2 @5p

Wed Oct 10: 9a-6p

Thu Oct 11: 9a-6p

Fri Oct 12: 9a-6p

Lifeguard Review Class:

(must be currently certified)

- 1) January 15th: 8:30a-7p
- 2) May 5th: 8:30a-7p
- 3) July 28: 8:30a-7p

Pre-Req Test Out:

300 yard swim (continuous)

20 yd 10lb brick retrieval in
(1 min 40 sec)

2 min tread no hands

Cost:

Member: \$175

Community: \$220

Review Cost:

Member: \$80

Community: \$110

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

All classes must have a minimum of 6 participants pass pre-reqs to continue the class if we do not meet the minimum then pre-reqs may pass on to the next course.

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
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 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** _____