



# RED CROSS WATERFRONT LIFEGUARD CERTIFICATION

<b>Session 1 - Thursday, June 7 10am – 5pm</b> <b>Fee \$50</b>	<b>Session 2 – Wednesday, June 13 10am – 5pm</b> <b>Fee \$50</b>
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Attendance is mandatory at all times. Time is subject to change.

Location: Kandiyohi County Area Family YMCA, Willmar MN

## Waterfront Lifeguard Course

### Prerequisites:

- Candidates must have a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.
- Must be at least 15 years of age
- Swim 550 yards continuously demonstrating breath control and rhythmic breathing. Candidates may use front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.
- Complete the following events in 1 minute, 40 seconds:
  - Starting in the water, swim 20 yards. Face may be in or out of the water.
  - Surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
  - Exit the water without using a ladder or steps.
- Blended learning will require some work to be done ahead of time. Instructions will be e-mailed.

Cost: \$50.00 Includes Book and pocket mask and all other classroom materials.

\*\*\*Register at the YMCA

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### WATERFRONT LIFEGUARD REGISTRATION

#### ALL INFORMATION REQUIRED

Choose Session	Session 1	Session 2	
Participants Name _____		Date of Birth _____	Male/Female _____
Parents/Guardian _____		Cell Phone # _____	
Address _____		City _____	Zip _____
Email of class participant _____			
Emergency Contact _____		Phone # _____	

I have attached a check for the registration fee

I would like to have the registration fee auto-debited from my existing YMCA membership account

Yes, I give the YMCA permission to take pictures of me when I am participating in this class.

(If under 18 parent must sign below)

Signature \_\_\_\_\_

Date \_\_\_\_\_

#### Cancellation Policy

We understand that everyone has busy lives, therefore we will be more than willing to make refunds. Please remember these guidelines when making changes. Cancellations made 7 days prior to the start date of the lesson will receive the registration fee minus a \$5 processing fee. If cancellations are made **less than 7 days prior** to the scheduled start date **No refunds** will be given. If the program is cancelled due to low enrollment the full registration fee will be refunded.