



RED CROSS LIFEGUARD CERTIFICATION

Session 1 - January 19, 20 & 21 5 - 9pm Fri, 8am - 6pm Sat, 12pm - 4pm Sun. Fee \$175	Session 2 - March 16, 17 & 18 5 - 9pm Fri, 8am - 6pm Sat, 12pm - 4pm Sun. Fee \$175
Session 3 - April 13, 14 & 15 5 - 9pm Fri, 8am - 6pm Sat, 12pm - 4pm Sun. Fee \$175	Session 4 - May 4, 5 & 6 5 - 9pm Fri, 8am - 6pm Sat, 12pm - 4pm Sun. Fee \$175

Select your course dates. Attendance is mandatory at all times. Time is subject to change.

Location: Kandiyohi County Area Family YMCA, Willmar MN

FULL LIFEGUARD COURSE

Class Components: Pool Lifeguard which includes CPR, First Aid and Lifeguard Training (Waterfront is not included in this class)

Prerequisites:

1. Be 15 years of age (must present valid identification form)
2. Swim 300 yards - 100 yards front crawl and 100 yards breaststroke, the remaining 100 yards using either the front crawl or breaststroke.
3. Timed swim of 20 yards using front crawl or breaststroke, surface dive in depth 9 feet, retrieve a 10 pound object, return to the surface and swim 20 yards back to starting point.
4. Must be able to tread water without use of arms for 2 minutes.
5. Blended learning will require some work to be done ahead of time. Instructions will be e-mailed.

Cost: \$175.00 Includes Book and pocket mask and all other classroom materials. Eligible for \$100 reimbursement after first 40 hours of employment at the YMCA!

*****Register at the YMCA*****

ALL INFORMATION REQUIRED

Select Course: Session 1 Session 2 Session 3 Session 4

Participants Name _____ Date of Birth _____ Male/Female

Parents/Guardian _____ Cell Phone # _____

Address _____ City _____ Zip _____

Email _____

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.

