



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CROZET YMCA LIFEGUARD TRAINING

Preventing an accident and saving a life is worth the hours of training and dedication that is essential to becoming a competent lifeguard. Lifeguards have a responsibility to prevent accidents and handle emergencies properly. It is imperative that lifeguards are physically trained, mentally alert, and have the maturity to safely guard all participants in an aquatic area.

Upon completion of this course, participants will receive American Red Cross certifications in Lifeguarding, First Aid, CPR for the Professional Rescuer including AED training. All certifications will be valid for 2 years. **Successful completion of this course does not guarantee employment with the Crozet YMCA at anytime as a lifeguard or otherwise.**

To participate in this class you must be at least 15 years of age by the last day of class. Age must be verified with a copy of a government issued document at the time of registration. To participant you must pass the prerequisite swim test. Certifications will not be awarded to those who miss class, cannot adequately perform all assigned skills or pass the written tests with an 80% or better. The prerequisite swim test is as follows:

- Swim 300 meters using freestyle and breaststroke, showing rhythmic breathing without resting or stopping.
- Swim 20 yards, surface dive to retrieve a 10 pound object from the bottom of the deep end of the pool, kick 20 yards on your back with the object then climb out of the pool. This is a timed skill and must be completed under 1 minute and 40 seconds.
- Tread water for 2 minutes using legs only.
- **YOU MUST TAKE THE SWIM TEST PRIOR TO REGISTRATION**

Session	Dates	Times	Member	Non-member
2	<b><u>April 27,28 and May 4 , 5</u></b>	April 27, 28 9-5pm May 4, 5 1-5 pm	\$200	\$230
3	<b><u>June 10, 11, and 12</u></b>	9-5pm	\$200	\$230

What to bring to class:

- Suit and towel (one piece for ladies)
- Manual (either digital or print) purchased from YMCA for \$35, must be one week before the first class)
- Notebook and Pen
- Lunch/Snack/Drink (no glass)



**Prerequisite swim test done by appointment contact**

**Mike Siers Branch Executive Director 434-205-4380**

# YMCA LIFEGUARD TRAINING REGISTRATION FORM

Please print legibly. Form must be fully-completed, with payment, to ensure proper registration.

Member Number (back of key tag) \_\_\_\_\_ Primary Member Name \_\_\_\_\_

Non-Member Parent/Guardian \_\_\_\_\_ Birth Date \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Home Phone \_\_\_\_\_

Parent Cell Phone \_\_\_\_\_

Participant Email Address \_\_\_\_\_


## REGISTRATION OPTIONS:

1. **Take the swim test before registering:** Pass / Fail Given by: \_\_\_\_\_ Date: \_\_\_\_\_
2. **Bring** your completed registration form, including payment, to the Crozet YMCA: 1075 Claudius Crozet Park, Crozet, VA 22932. Along with proof of age

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Payment (check one)  E-MEMBER\*  CASH  CHECK  CHARGE (VISA, MASTERCARD, DISCOVER)

\*Current credit card drafting member or credit card information on file. Only signature required below.

## Waiver

I hereby certify that my child is in good health and capable of safe participation in this YMCA program. I understand that the YMCA assumes no responsibility for any possible injuries or illness sustained as a result of my child's participation in any athletic program, sport or activity and that I assume all risks thereof. I hereby authorize the YMCA to obtain medical treatment for my child in the event that the above parent contact(s) cannot be reached. I hereby release and discharge the YMCA, its agents, servants and employees from any and all claims for injury, illness, death, loss or damage which my child may suffer as a result of his/her participation in these activities. I understand that the YMCA is not responsible for personal property lost or stolen while members and/or program participants are using the YMCA facilities and/or are on YMCA premises. I give the YMCA permission to print, publish and display pictures of my child, without limitation, in order to promote YMCA programs. By signing below, I agree to all of the terms and conditions as set forth in this Waiver,

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

*Upon registration all participants will be e-mailed a digital copy of the Red Cross Lifeguard Manual, which must be brought to each class. It is up to the participant if they would like to print the manual for themselves or not.*

## Copy of Age Verification

Type of ID \_\_\_\_\_ Issuing Agency \_\_\_\_\_

Please copy age verification document and attach to this registration form.

**Form must be turned in at YMCA with Completed swim test before registering**