



We build strong **kids**, strong **families**, strong **communities**.

LIFEGUARD CERTIFICATION CLASS

Location: Maryland Farms YMCA
Dates/Times: (Lifeguard candidate must attend **ALL SESSIONS**)
Friday, 8/22 from 4-9 PM;
Saturday, 8/23 from 10 am – 6 pm;
Sunday, 8/24 from 11 am to 6 pm
Friday, 8/29 from 4-9 PM;
Saturday, 8/30 from 10 am – 6 pm;
Sunday, 8/31 from 11 am to 6 pm

Course Includes: YMCA Lifeguard Certification, ASHI CPR for the Professional Rescuer, First Aid, Blood Borne Pathogens, and Oxygen Administration

Class Fee: Member: \$215.00
Program Member \$257.00 (plus additional \$45 annual program fee)

Manual: On The Guard II fourth edition (to be distributed the first day of class)

Class Prerequisites:

- *Must be at least 16 years of age. Parental consent is required for those under 18.*
- *Have current certification in CPR for the Professional Rescuer, AED, First Aid, and Oxygen Administration (Student must register for these certification classes separately, they are NOT included in the cost of this class).*
- *Must be able to pass the following swim test on the first day of class:*
 - ✓ *Perform a long, shallow front dive*
 - ✓ *Swim 500 yards including 100 yards each of: sidestroke, front crawl, breaststroke, sidestroke kick with one arm forward, and inverted breaststroke kick with arms on the stomach*
 - ✓ *Tread water for two minutes using legs only (head above water)*
 - ✓ *Surface dive head first and feet first in 8-10 feet of water and swim under water for 15 feet*

Bring: Manuals (will be distributed the first day of class), bathing suit, towel, proof of age

For additional information contact:
Gretchen Bates, Aquatics Director at (615) 373-2900 ext. 72127



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REGISTRATION FORM

Participant's Name	Parent/Guardian	
Date of Birth	Age	
Home Phone	Alt. Phone	
Address		
City	State	Zip

_____ **Member Fee: \$125.00** _____ **Program Member: \$150.00**

Program Member Registration Fee (Annual) \$45

Lifeguard certification is conducted by a certified YMCA lifeguard instructor. To be certified you must complete the course with perfect attendance, score 80% or better on each section of a written test, and correctly perform all skills in a practical skills test. Certification may also include your instructor's subjective judgment about the maturity, attitude, and classroom participation you demonstrate during the course. Certification is valid only if you keep your certifications in CPR/AED, first aid, and O2 current.

In consideration of being allowed to participate in the aquatics programs of the YMCA of Middle Tennessee ("YMCA") and to use its facilities, equipment and machinery, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge the YMCA and its officers, agents, employees, volunteers, representatives, directors and all others from any and all responsibility or liability for injuries or damages resulting from my participation in any activities or programs or my use of equipment or machinery in the above mentioned facilities or arising out of my participation in any activities conducted by the YMCA. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself and/or my minor family members (if applicable), including those caused by negligent act or omission of any of those mentioned or others, acting on their behalf or in any way arising out of or connected with my participation in any activities or programs of the YMCA or the use of any equipment or machinery at the YMCA.

Participant's Signature	Date
Parent/Guardian's Signature	Date

If under 18 years of age, a parent or guardian must sign.

For Official Use Only: Class Name in Unity: **Lifeguard Class**

Program dates: **6/4-6/8**

Please leave this registration form and a copy of the receipt in Gretchen's folder.