



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE YMCA Lifeguard Class

This class is **FREE** with intent to hire. All potential participants will only be accepted into the course if they meet the following criteria below and intend on working at the Ragsdale YMCA as a lifeguard.

Prerequisites: Participants must be 16 years of age or older, at the end of the class. All potential participants must schedule an appointment with Justine to complete the physical competency requirements. Physical competency requirements are on the back of this sheet. Potential participants will also be asked to schedule and complete an interview and reference check process before enrollment in the course can be approved.

At end of class you receive certifications for:

YMCA Lifeguard- valid for 2 years

CPR for the Professional Rescuer/AED- valid for 1 year

First Aid- valid for 2 years

Oxygen Administration- valid for 2 years

You must attend all classes, receive 80% or better on all written exams, successfully perform all practical skills, demonstrate the "Safe in 6" lifeguard skills, successfully demonstrate strength and maturity to be a YMCA lifeguard to prevent accidents and also respond to emergencies through classroom and pool scenarios.

Cost: FREE WITH INTENT TO HIRE. If participants choose not to work at the Ragsdale YMCA after receiving the lifeguard certification they will be charged the following fees upon successfully completing the course: \$275 for members/\$300 for prospective members. If you drop out, miss class, or cannot pass the written exams or in-water skills for any reason you will not be allowed to proceed with the hiring process.

Includes: YMCA Lifeguard, ASHI CPR-PR, First Aid and O2 Administration Certification, CPR Mask, Fanny pack, Whistle w/lanyard and On the guard: The YMCA Lifeguard Manual, Edition 5.

When: SEPTEMBER 2021

Tuesday September 7 th	4:30pm-9:30pm
Wednesday September 8 th	4:30pm-9:30pm
Thursday September 9 th	4:30pm-9:30pm
Friday September 10 th	4:30pm-9:30pm
Saturday September 11 th	1:00pm-6:00pm

Additional Info:

Bring a Swimsuit, Towel, Pen, Paper and any food you wish to eat during the training.

Where:

Ragsdale YMCA
900 Bonner Drive
Jamestown NC
27282

**To participate in the YMCA 2011 Lifeguard course,
you must meet the following prerequisites:**

- Be at least 16 years old by the last day of the scheduled course. Note that parental consent is required for those younger than 18 years old prior to the start of the first class.
- Pass the following minimum physical screening requirements:
 - Phase 1
 - Tread water for two minutes
 - Swim 100 yards of front crawl
 - Phase 2
 - Swim 50 yards each of
 1. Front crawl with the head up
 2. Sidestroke
 3. Breaststroke
 4. Breaststroke with the head up
 5. Elementary backstroke kick with hands on the chest.

Perform a feet first surface dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.
 - Phase 3
 - Sprint for a distance of 60 feet and then perform a headfirst surface dive in 8 to 10 feet of water (or maximum depth of the training facility).
 - Pick up an object (dive ring or stick) from the bottom of the swim area, tread water for at least 1 minute using legs only, and then place the object back on the pool bottom.
 - Swim the remaining length of the pool and hoist yourself out of the water.
 - Immediately begin compressions on a manikin for 1 minute or 100 compressions and stand and listen to directions from the instructor.

You must schedule an appointment with Justine to complete the physical competency requirements before registering for the class.