



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 intent 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. Physical competency requirements are on the back of this sheet. You must schedule an appointment with Justine to complete the physical competency requirements. Potential participants will also be asked to complete an interview and reference check process before enrollment in 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 and charge a fee of \$100 for instructor time.

**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:**

November 2019:

Friday November 15<sup>th</sup> 5:00pm-9:00pm  
Saturday November 16<sup>th</sup> 12:00pm-4:00pm  
Tuesday November 19<sup>th</sup> 5:00pm-9:00pm  
Wednesday November 20<sup>th</sup> 5:00pm-9:00pm

Friday November 22<sup>nd</sup> 5:00pm-9:00pm  
Saturday November 23<sup>rd</sup> 12:00pm-4:00pm  
Monday November 25<sup>th</sup> 5:00pm-9:00pm  
Tuesday November 26<sup>th</sup> 5:00pm-9:00pm

**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.**