

Prerequisites and Requirements:

- Must be 16 years of age by final day of class
- Those under 18 must have parental consent
- Must attend all classes.
- Must have certification in CPR/PR, First Aid, AED and O2 Administration by first day of class.
- Pass the following swim test by final day of class: Swim 500 yards, including 100 yards each of sidestroke, front crawl, breaststroke, sidestroke kick with one arm forward, and inverted breaststroke kick with arm on stomach; tread water for two minutes with legs only; and surface dive both head and feet-first into 8-10 feet of water and swim underwater for 15 feet.
- Remain alert, with no lapses of consciousness.
- Sit for extended periods, including in an elevated chair.
- Move to various locations, including in and around an elevated chair.
- Communicate verbally, including projecting the voice across distances, and communicate swiftly and effectively with emergency personnel over the telephone and in person.
- Hear noises and distress signals in an aquatic environment, including in water, with background noise.
- Observe all assigned sections of the water environment.
- Perform all the needed rescues and survival skills.

Garden City Family YMCA
Aquatics Director
1224 Center St.
Garden City, KS 67846



YMCA Lifeguard Certification

*Course Information
and Registration*

June 9-13, 2008



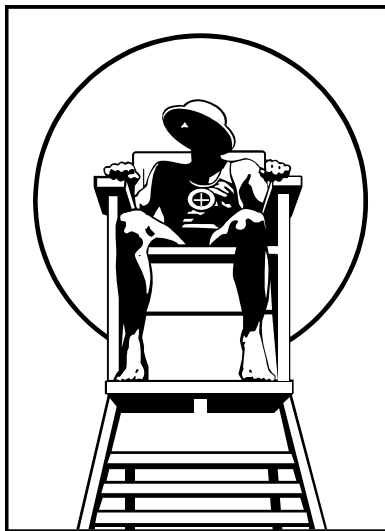
Course Description

The YMCA Lifeguard course is designed to provide participants with the knowledge and skills needed to be a lifeguard. It presents information on the basic skills and knowledge lifeguards need in pool, lake, river, surf and water park environments. The comprehensive course offers up-to-date information on how to guard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. It also covers safety and survival skills every swimmer needs to know, accident prevention, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, weather and open water dangers, legal responsibilities, pool management and information on how to get a job as a lifeguard.

This course does not include CPR/PR, First Aid, AED, and Oxygen Administration. Therefore, all participants must have these certifications prior to taking the course and must bring proof of certification at time of registration.

The YMCA Lifeguard certification is accepted at Garden City Family YMCA, Southwind Country Club, Garden City Recreation Commission, Holcomb Recreation Commission, and others.

Dates: June 9-13
Meets: Monday-Friday 9 a.m.-5 p.m.
Additional class dates may be set if all material is not covered.
Fees: Members \$75
Non-members \$150
Deadline: Tuesday, June 3
Questions: Contact Aquatics Director
Jen Eggleston at (620) 275-1199 or
gckymca.aquatics@gmail.com.



Completion of course does not guarantee certification. Successful completion of practical exam and written exam given at end of course will determine certification.

YMCA Lifeguard Registration Form

Name _____ Phone # _____
Address _____ E-mail _____
Parent/Guardian Name (if under age 18) _____ Phone# _____
DOB _____ DOB _____
Address _____

I have read the information about the lifeguard certification course. I understand that I must attend all classes, have current certifications in CPR/PR, First Aid, AED and O2 Administration certifications, perform a lifeguarding practical (to be scheduled with Aquatics Director) and successfully complete a written exam and practical exam to become certified as a lifeguard.

Participant's Signature _____ Date _____
I give my child permission to participate in the YMCA Lifeguard Certification Course. I have read course information and above statement.
Parent's Signature (if under 18) _____ Date _____