



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE A LIFE-SAVER

Lifeguard Training JOPLIN FAMILY YMCA

Keep swimmers safe while working as a lifeguard! The American Red Cross Lifeguard Training course provides entry-level lifeguards with the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Participants will also learn to provide care for injuries, sudden illness, breathing problems and cardiac emergencies until EMS personnel arrive.

Participants must be at least 15 years old. The registration period for each class begins one month before the first day of the class and ends the day before the class starts.

Full Certification Dates, Times and Cost

Cost of the class is \$234 per person (40% discount for Joplin Family YMCA staff). Classes will be held at the Joplin Family Y during the following hours: Friday 4pm–10pm, Saturday 8am–8pm and Sunday 9am–6pm.

- March 22 - 24
- April 26 - 28
- May 10 - 12
- June 21 - 23

Recertification Dates, Times and Cost

Cost of the class is \$134 per person (40% discount for Joplin Family YMCA staff). Classes will be held at the Joplin Family Y during the following hours: Saturday 8am–8pm and Sunday 9am–6pm.

Dates TBD

For more information, please see the back of this sheet or contact us at 417 781 YMCA.





BE A LIFESAVER

Lifeguard Training JOPLIN FAMILY YMCA

Name _____ Birth Date _____ Gender M F

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

Please Choose Full Certification **OR** Recertification.

Full Certification Class

\$234 PER PERSON (40% DISCOUNT FOR JOPLIN FAMILY YMCA STAFF)

Session:

- March 22 - 24 April 26 - 28 May 10 - 12 June 21 - 23

Recertification Class

\$134 PER PERSON (40% DISCOUNT FOR JOPLIN FAMILY YMCA STAFF)

Session:

- Other (TBD): _____

In consideration of your acceptance of this entry, I hereby waive, release and forever discard all claims, rights and causes of action of any kind or nature for myself, my heirs, executors and administrators, against sponsors and organizers of the Joplin Family YMCA classes, their agents, servants, officers, employees, directors, representatives and assigns for injury or illness which may directly or indirectly result from my participation in the Joplin Family YMCA classes, and I further agree to save and hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost, injury or damage to persons or property which may arise by virtue of the undersigned engaging in the Joplin Family YMCA classes. I further state that I am in proper physical condition to participate in this event. I recognize the sponsors have not undertaken to provide undersigned with any medical care, treatment or advice concerning my participation. I give the Joplin Family YMCA permission to use any pictures taken of me while participating in the class for the purposes of their own advertising.

Signature _____ Date _____

Return completed and signed form, along with registration fee, to the Joplin Family YMCA: 3404 W. McIntosh Circle Drive, Joplin, MO 64804.

STAFF USE ONLY	PICK ONE SESSION	SELECT PROGRAM CODE	
	Session Codes: 19JAN 19JUL 19FEB 19AUG 19MAR 19APR 19MAY 19JUN	Full Certification Classes	Recertification
		02AQLG	02AQLGRC
Date _____ Initials _____ Amt. Paid _____			



Welcome to the American Red Cross Lifeguard Certification Class!

Thank for choosing the Joplin Family Y to teach you one of the most challenging and rewarding skills you can have. We have outlined some information regarding your class that you might find helpful over the course of your session:

Prerequisites: You must be able to swim 300 meters using the front crawl and breaststroke (swim goggles may be used) and tread water for 2 minutes using your legs only. You must also complete the following timed event within 1 minute and 40 seconds: Starting in the water, swim 20 yards (face may be in or out of water; swim goggles not allowed) and surface dive (feet first or head first) to a depth of 6 feet. Retrieve a 10-pound brick, return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face out of the water. Exit the pool.

Start of Class: Your class will begin sharply at the time listed on the front of this sheet. If you are late to class, you will be unable to make up the time you missed. Please make sure that you can be here in time for the class to begin so that you can get the full time allocated. You must attend 100% of all classes the weekend of your certification. No exceptions will be made.

What to Bring: Be prepared to get in the water the first day. All students must bring a swimsuit, towel and change of clothes. Women must wear a one-piece swimsuit. Participants should also bring ID, a pen and paper to classes.

Checking In: Please check in at the front desk as you enter the building every time you come to class.

Weather Policy: If at any time we hear thunder or see lightening, we will immediately clear the pool and pool deck. The pool will be closed for 30 minutes from the last time thunder and lightning was seen or heard. In the event of thunder or lightning we will move to a classroom, so we will still have class. There will be times when poor weather occurs during or directly before a class, so please feel free to call before your class. (417 781 YMCA)

Cancellations: If the class is cancelled by the YMCA for any reason, we will give you a refund or credit for the next class. If you miss a class due to illness, injury or vacation, we will not be able to make up the missed time, and you will not be certified.

Failed Courses: Being a lifeguard is not for everyone. It is a challenging skill that we take very seriously. It is the instructor's job to only certify individuals who have successfully completed the entire course by demonstrating all required skills. Everyone will be tested the first day of class on their prerequisite swims. If you do not pass your prerequisite swim you will receive a refund. If you pass your prerequisite swim but do NOT pass the course you will NOT be issued a refund.