



# Lifeguard Re-Certification Class

## APRIL 27TH AND 28TH

Registration Deadline: March 25

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Requirements:

- MUST BE A CURRENT CERTIFIED LIFEGUARD, bring proof of certification
- Be able to swim 300 yards, freestyle, breaststroke or a combination of the two, face in the water.
- Swim 20 yards surface, dive to a depth of 7-10 feet and retrieve a 10 lb object, return to the surface, swim 20 yards to the starting point with the object and exit the water without using a ladder or steps, within one minute and 40 seconds.
- Tread water continuously for two minutes unsupported with hands in arm pits.

### Class Times:

Friday, April 27 4:30 - 10:00 PM

**AND**

Saturday, April 28 7:30 AM -  
12:00 PM

### Fees:

\$150 class fee

Please make checks payable  
to the Beatrice YMCA

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## Lifeguard Re-certification April 2018

Participant's Name: \_\_\_\_\_ Gender: \_\_\_\_\_  
DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ZIP: \_\_\_\_\_  
State: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

If wanting to pay by credit card please fill out the following:

Name on card: \_\_\_\_\_ Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

**Parent Consent: My child has approval and consent to participate in the Lifeguarding course offered by the YMCA. I understand that the YMCA, Instructors or Aquatics Coordinator assume no liability for any accident or injury that may occur during the course of the program.**

Participant or

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### FOR OFFICE USE ONLY

Program Fee: \_\_\_\_\_

Date: \_\_\_\_\_ Amt Due: \_\_\_\_\_

Payment Method:  CC  Cash

Check: \_\_\_\_\_

Staff Name: \_\_\_\_\_