



# Lifeguard Re-Certification Class

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## May 14th and 15th

### Requirements:

- MUST BE A CURRENT CERTIFIED LIFEGUARD, bring proof of certification
- Be able to swim 300 yards, free-style, 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:

Monday 5:00 - 10:00 PM

**AND**

Tuesday 5:00 - 10:00 PM

### Fees:

\$150 class fee

Please make checks payable to the Beatrice YMCA

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: \_\_\_\_\_