



Lifeguard Re-Certification Class MARCH 9TH AND 10TH

Registration Deadline: March 7

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, March 9th 4:30 - 10:00 PM

AND

Saturday, March 10th 7:30 AM -
12:00 PM

Fees:

\$150 class fee

Please make checks payable
to the Beatrice YMCA

Lifeguard Re-certification March 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: _____