**American Red Cross Spring 2020 Lifeguard Training Class**

**\*This is a lot of information, please read through carefully and thoroughly.**Please direct any questions to the Aquatics Program Director of Lifeguards/Swim Lessons, Susana Martinez. (402)721-6952 or susanam@fremontfamilyymca.org

**What is the minimum age requirement?** Participants must be 15 years of age by the last day of class to be eligible for certification.   
**Where do I start?** You first need to register and complete a Pre-Course skills test. Upon completion of the skills test, you can sign up at the Fremont Family YMCA-Dillon Family Aquatics Center.   
**How do I get registered?** Fill out the information on the bottom of the page and return to the Dillon Family Aquatics Center along with payment in full. Once the Pre-Course test is completed, do the same with the other half of the form on the following page.  
**I just need to renew my lifeguard, which class do I take?** The lifeguard review course.

**PRE-COURSE SKILLS TEST: *This test must be completed prior to registering for Lifeguard Training*** Cost: Members $15, Non-Members $25  
 **Requirements:**   
**300 Yard Swim:** Candidate must demonstrate proficiency in both front crawl and breaststroke. The swim must be continuous. There is no time limit.   
**Treading water:** Candidate must demonstrate the ability to tread water without using their hands for two minutes.   
**Timed Element:** Candidate will have 100 seconds to swim 20 yards, surface dive to the bottom of the 6 foot, retrieve a 10-pound object, return the 20 yards on their back, and exit the pool.

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**To register for the *Pre-Course Skills Test*, please return this bottom portion to The Dillon Family Aquatics Center with your payment in full.**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number\*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email(required)\*:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you a YMCA Member? Yes No

Please mark which Pre-Course test you would like to register for:

|  |
| --- |
| March 13th 5pm-6pm |

\*Please give the BEST phone # and email to reach you at-we will need this in case of cancellation or rescheduling.

**LIFEGUARD TRAINING: *Candidates MUST have passed the Pre-Course skills test prior to this class.***

Cost: Members $175, Non-Members $195

Upon successful completion of the lifeguard training course, participants will be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for the Professional Rescuer. All certifications are valid for 2 years. However, per the state of Nebraska, CPR/AED certifications must be updated every year. If you have been previously certified, but more than 30 days has passed, you will need to take the course in its entirety. **Candidate MUST attend all days for the full time and complete an online portion, which will take 7 hours to complete, prior to attending class on April 2nd**. Breaks will be given for Lunch.

**April 2020 Lifeguard Class:**

Thursday April 2nd 5pm-8pm

Friday April 3rd 5pm-8pm

Saturday April 4th 9am-4pm

Sunday April 5th 9am-4pm

**What do I need to bring to class each day?** Students should bring appropriate swim attire, a towel, snacks/drinks, lunch, and the Lifeguard Manual. \*Students can access the Lifeguard Manual online. Google search “Red Cross Lifeguard Manual” & from there you can download to your own device, otherwise, books will be available to use for the duration of the course.

**Please Note:** Class space is limited, therefore is first-come, first-served. Attendance is required during all course-meeting times. No exceptions.

**Cancellation Policy:** Withdrawl from the course 5 or more business days prior to the first class will be charged a $10 withdrawal fee. Withdrawal from the courses less than 5 days prior to the first day of class will receive a 50% refund. Withdrawal from the course on the day class begins will not receive a refund.

**Payments:** Full payment is due at the time of registration. Financial assistance is available per request.

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**To register for the *Lifeguard Training Class*, please return this bottom portion to The Dillon Family Aquatics Center with your payment in full AFTER completion of the Pre-Course skills test.**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number\*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email\*:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you a YMCA Member? Yes No

\*Please give the BEST phone # and email to reach you at. We will need this in case of cancellation or rescheduling.