

# Lifeguard Certification Course



What: Prerequisite Testing  
When: Tuesday, May 3rd, 4-6pm or Thursday, May 5th, 4-6 pm  
Where: Martinsville Family YMCA  
3 Starling Ave., Martinsville, VA 24112

Prerequisites **\*You must complete all of the prerequisites below at the prerequisite testing to register for the course, the class will be limited to the first 15 registrants that pass all of the prerequisites:**

- Minimum of 16 years of age by the completion date of the course (May 22, 2011).  
Written parental consent is required for those under 18.

Be able to properly demonstrate the following skills:

- Swim 500 yards
- Tread water for 5 minutes
- Surface-dive headfirst and feet-first in 7ft of water to retrieve a 10 lb brick
- Swim underwater for 15 feet

Classes will be held on the following dates (**you MUST attend all to pass this course**):

- Tuesday, May 10th 5-8 CPR/Oxygen Admin at the New College Institute (rm. 303)
- Thursday, May 12th 5-8 First Aid at the New College Institute (rm. 303)
- Monday, May 16th, 4-6 classroom at the New College Institute (rm. 303)  
6-8 Martinsville Y pool
- Tuesday, May 17th 4-6 classroom at the New College Institute (rm. 303)  
6-8 Martinsville Y pool
- Wednesday, May 18th 4-6 classroom at the New College Institute (rm. 303)  
6-8 Martinsville Y pool
- Thursday, May 19th 4-6 classroom at the New College Institute (rm. 303)  
6-8 Martinsville Y pool
- Friday, May 20th 4-6 classroom at the New College Institute (rm. 303)  
6-8 Martinsville Y pool
- Saturday, May 21st 9-5 Martinsville Y
- Sunday, May 22nd 1-6 Martinsville Y

*\*Note: YMCA Lifeguard Certification Course will include YMCA Lifeguarding, American Safety & Health Institute CPR/AED for the Professional Rescuer, First Aid, and Oxygen Administration*

Bring the following items with you to each class:

- Lifeguard Manual (included in the cost of the course)
- Paper/pen
- Bathing suit
- Towel

Certification requirements:

- Score 80% or better on each chapter test
- Correctly demonstrate all skills in a practical skills test
- Certification may also include your instructor's subjective judgment about the maturity, attitude, and classroom participation you demonstrate during the course

Cost: \$250.00 includes the following:

- Lifeguard Manual
- CPR Facemask
- CPR, First Aid, Oxygen Administration, Y of the USA Lifeguard certification cards

**COMPLETE THE ATTACHED REGISTRATION FORM**

**YMCA Lifeguard Certification Course Registration Form 2011**  
**Participants Information**

_____	_____	_____
Last Name	First Name	Middle Initial
_____	_____	_____
Address	City	State      Zip
_____	_____	_____
Home Phone	Cell Phone	Date of Birth (dd/mm/yy)

Please list any allergies or medical conditions below:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Emergency Contact Information**

_____	_____	_____
Name	Address	Phone
_____	_____	_____
Name	Address	Phone

**Release and Liability**

I understand that participating in any type of fitness activity or program involves risk of injury. I acknowledge that the Martinsville-Henry County Family YMCA recommends physician approval before participating in any fitness activity or program. With this understood I hereby agree to expressly assume and accept any and all risk to myself (or my child who is participating) and release the employees, program leaders, board members and other representatives from any responsibility or liability for injury while participating in a YMCA program activity. In signing this release I acknowledge that I am aware of the risks and that I assume all liability. I further understand that all YMCA policies, principles and practices must be observed and it is my responsibility to read and comply with all published and posted rules.

I understand that I (or my child) must be present for the duration of all scheduled classes for this course and that failure to do so will result in removal from the course and that I (or my child) will not be receiving a Lifeguard Certification. I also understand that this is a non-refundable course and that if I (or my child) withdraws from the course or fails to meet all requirements of this course he/she will not receive a refund.

_____	_____	_____
Print Name	Signature	Date
_____	_____	_____
* Parent/Guardian Name	Signature	Date

\*Required if under 18 years of age