

Session Dates

Session 1

Friday Jan 27: 4:30pm-8pm
Saturday Jan 28: 9am-4pm
Sunday Jan 29: 2pm-6pm
Friday Feb 3: 4:30pm-8pm
Saturday Feb 4: 9am-4pm
Sunday Feb 5: 2pm-6pm

Session 3

Friday Feb 24: 4:30pm-8pm
Saturday Feb 25: 9am-4pm
Sunday Feb 26: 2pm-6pm
Friday March 2: 4:30pm-8pm
Saturday March 3: 9am-4pm
Sunday March 4: 2pm-6pm

Session 5

Friday March 23: 4:30pm-8pm
Saturday March 24: 9am-4pm
Sunday March 25: 2pm-6pm
Friday March 30: 4:30pm-8pm
Saturday March 31: 9am-4pm
Sunday April 1: 2pm-6pm

Session 7

Friday April 13: 4:30pm-8pm
Saturday April 14: 9am-4pm
Sunday April 15: 2pm-6pm
Friday April 20: 4:30pm-8pm
Saturday April 21: 9am-4pm
Sunday April 22: 2pm-6pm

Session 9

Friday May 11: 4:30pm-8pm
Saturday May 12: 9am-4pm
Sunday May 13: 2pm-6pm
Friday May 18: 4:30pm-8pm
Saturday May 19: 9am-4pm
Sunday May 20: 2pm-6pm

Session 2

Friday Feb 10: 4:30pm-8pm
Saturday Feb 11: 9am-4pm
Sunday Feb 12: 2pm-6pm
Friday Feb 17: 4:30pm-8pm
Saturday Feb 18: 9am-4pm
Sunday Feb 19: 2pm-6pm

Session 4

Friday March 9: 4:30pm-8pm
Saturday March 10: 9am-4pm
Sunday March 11: 2pm-6pm
Friday March 16: 4:30pm-8pm
Saturday March 17: 9am-4pm
Sunday March 18: 2pm-6pm

Session 6

Monday April 2: 9am-4pm
Tuesday April 3: 9am-4pm
Wednesday April 4: 9am-4pm
Thursday April 5: 9am-4pm
Friday April 6: 9am-4pm

Session 8

Friday April 27: 4:30pm-8pm
Saturday April 28: 9am-4pm
Sunday April 29: 2pm-6pm
Friday May 4: 4:30pm-8pm
Saturday May 5: 9am-4pm
Sunday May 6: 2pm-6pm

Session 10

Friday May 25: 4:30pm-8pm
Saturday May 26: 9am-4pm
Sunday May 27: 2pm-6pm
Friday June 1: 4:30pm-8pm
Saturday June 2: 9am-4pm
Sunday June 3: 2pm-6pm



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BUILDING YOUR FUTURE

AMERICAN RED CROSS LIFEGUARD TRAINING CLASSES

The American Red Cross Lifeguard course will offer participants the opportunity to receive a three year certification in American Red Cross Lifeguarding and First Aid, and a one year certification in CPR/AED for Lifeguards.

Cost: Members \$145

Non-Members \$180

Recertification Cost: Members \$30

Non-Members \$60

Please visit either of these websites to purchase/download the materials for the class:

www.shopstaywell.com,

www.redcross.org

These materials are required to participate in the class:

Lifeguard Training Manual

Resuscitation (Pocket) Mask

Located at:

Eastside Family YMCA

1250 Taylors Rd.

Taylors, SC 29687

Phone: 864-292-2790

Fax: 864-268-2459

Email: nstein@ymcagreenville.org

Visit us at www.ymcagreenville.org



****Recertification will be offered on the last day of each session.**

Pre-requisites:

1. Download required materials - ARC Lifeguard Training Manual and purchase Resuscitation Mask. Students without these materials will not be allowed to enter the course.
2. Must provide proof of age (Student ID, Drivers License, or passport). Must be 15 by the end of the lifeguard course.
3. Must perform the following skills:
 - A. 300 yard continuous swim (no time limit), Including:
 1. 100 yards of front crawl, using rhythmic breathing, and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
 2. 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
 3. 100 yards of either the front crawl or breaststroke - may be a combination of both.
 - B. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back on your back to the starting point with the object and exit the water without using the ladder or steps, within 1 minute and 40 seconds.

Certification Requirements

1. Attendance is MANDATORY (If participant cannot make all class times (no exceptions), the participant does not pass the course - NO REFUND). Double check dates and times prior to registration.
2. Active participation in all class sessions.
3. Demonstrate competency in all required skills.
4. Demonstrate competency in three final scenarios.
5. Correctly answer at least 80% of the questions in each of the three written exams.

If any class work has to be made up outside of normal class schedule, the cost is \$15 per hour

Registration Information

Recertification ____ Full Class ____ Session ____

(Please print legibly)

Name: _____

Age: _____ Birth Date: _____

Address: _____

City: _____ Zip: _____

Phone #: _____

Cell Phone #: _____

Email: _____

Parent/Guardian/Emergency Contact:

Any health concerns that we may need to be aware of (i.e. allergies, asthma, etc).
All information will be kept confidential.

Release of Liability

In the event an accident occurs, I am aware the YMCA does not provide accident insurance and I will not hold the YMCA responsible for any injury. The YMCA of Greenville has my permission to take photographs of me/my child and use them in promotional materials (brochures, newsletters, etc).

Parent/Participant Signature Date

I have read and understood the above requirements, class days and times. I understand that I must successfully pass pre-requisites in order to be accepted into all Aquatic Training classes. This includes age verification and swimming skills. I also understand that I must have purchased all materials prior to the start date of class and that I must bring suitable swimsuit, towel, and required materials to every class session. I understand there are no make-ups, refunds, or credit for unattended classes. If participant would like to schedule make-up time, the cost is \$15.00 per hour.

Parent/Participant Signature Date