



# LIFEGUARD TRAINING

Feb. 19-20 / Mar. 12-13 / Mar. 26-27 / Apr. 2-3 /  
Apr. 9-10 / Apr. 23-24 / May 10-12 = Please circle a session

Feb. thru Apr. class times = 8am-5pm

May Class time = 4pm-9pm

\*Minimum of 4 participants for class to make\*

Y Member Yes or No (Circle one)

Full Legal Name \_\_\_\_\_

DOB \_\_\_\_\_

email \_\_\_\_\_

Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

**Before registering please read over the following skills you will need to pass the certification class.**

**COST \$175 - new certification / \$115 - certification renewal (\$50 non refundable deposit to hold spot)**

- Minimum age: 15 years old before final session of this course (16 to be employed at the Y)
- 300-yard Swim - not timed (**11 lengths of the pool**)
  - Swim 300 yards continuously demonstrating breath control and rhythmic breathing.
  - Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed.
  - Swim goggles may be used.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
- Basic Skills combination - within 1:40 minutes
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface for breathing. Candidates must not swim the distance under water.
  - Exit water without using a ladder or steps