

Y LIFEGUARDING™

We build strong kids, strong families, strong communities.

This course is designed to prepare the participant with the knowledge and skills needed to be a pool lifeguard. The YMCA Lifeguard course includes: YMCA Lifeguard Certification, CPR for the Professional Rescuer, AED, First Aid, and O² Administration. This is not a water park certification course. Be sure to check with your local organization if they accept YMCA certifications.

Fees: YMCA Member \$150 this includes certification fee, books, and class materials.
 Non-Member \$200 this includes certification fee, books, and class materials.
 YMCA Staff \$100 this includes certification fee, books, and class materials.
 Recertification \$75- Your certification must be current.

Locations: Cooper St. YMCA, 7120 S. Cooper St.
 Tarrant County College S.E. Campus, 2100 S.E. Parkway
 YMCA Central Branch, 2200 S. Davis St.

First day of class is at Cooper St. YMCA, but the above sites are possible locations that may be used during the training.

Class Dates & Times

<p>Session 1</p> <p><u>Dates</u> March 15-19th</p> <p><u>Days/Times</u> M-F 9 a.m. - 5 p.m.</p>	<p>Session 2</p> <p><u>Dates</u> April 6, 8, 13, 15, 20, 22, 27, 29</p> <p><u>Days/Times</u> T/TH 4:30-9:30 p.m.</p>
<p>Session 3</p> <p><u>Dates</u> May 4, 6, 11, 13, 18, 20, 25, 27</p> <p><u>Days/Times</u> T/TH 4:30-9:30 p.m.</p>	<p>Session 4</p> <p><u>Dates</u> May 14, 15, 16, 21, 22, 23</p> <p><u>Days/Times</u> Fri 5-10 p.m. Sat 9 a.m.-5 p.m. Sun 9 a.m.-5 p.m.</p>

YMCA of Arlington

Cooper Street YMCA
 7120 S. Cooper St.
 Arlington, Texas 76001
 Phone: 817.419.9629
 Fax: 817.419.9640



Financial Aid may be available

****See reverse side for YMCA Lifeguard Training Certification requirements****



Requirements for YMCA Lifeguard Certification

Prerequisites:

The prerequisites must be met before participating in this course. These skills will be used as building blocks to present new material. The prerequisites are listed below:

- ◆ 16 years of age by the last date of the class.
- ◆ Pass the following swimming test the first day of class:
 - ◆ Perform a long shallow dive, and then swim 500 yards (including 100 yards of each sidestroke, front crawl, and breaststroke, sidestroke with one arm forward and inverted breaststroke with arms on the stomach.)
 - ◆ Tread water for two minutes with legs only. (No hands)
 - ◆ Surface dive head first and feet first in 8 – 10 feet of water and swim underwater for 15 feet.

Successful Completion:

To successfully complete the course the lifeguard candidate must complete class and attendance requirements, pass the written exam with an 80% in each chapter, and pass the practical water test with 100% successful completion of each skill.

Also, lifeguard candidate must complete CPR for Professional Rescuer, First Aid, AED for Professional Rescuer and Oxygen Administration in order to receive the YMCA Lifeguard certification.

Out of class Assignments: Must complete two hours of practice guarding under the supervision of a certified lifeguard. Reading of “on the Guard II: The YMCA Lifeguard Manual” and completion of the review questions at the end of each chapter.

What to bring to class each day:

Swimsuit, towel, paper, pencil, On the Guard II: The YMCA Lifeguard Manual; Sweatpants/Sweatshirt (extra cover up), a mature & positive attitude.

Refund, Credit & Class Change Policy:

Due to limited class times and space we cannot provide refunds within one week of the start of a session. A credit will be issued which will be valid for up to 1 year. Refunds, less the cost of the book, may only be given for not passing the prerequisite swim given on the first day. There are no refunds for not passing the class or not finishing the class or not finishing the class after the prerequisite swim has been completed.