



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

American Red Cross Lifeguard Recertification Class

Ages: Students must be 15 years old by the last day of class.

Where: YMCA POOL and Conference Room. Blended course work is online.

Pre-requisite: Past Lifeguard Certification, 300 yard swim, tread water with legs only for 2 minutes, and a timed brick swim

Requirements for Certification:

Pass 2 written tests with 80% accuracy

Demonstrate all rescue & CPR skills with competency

Cost: \$100.00

How to register:

- On-line at www.acymca.org
or at the YMCA Front Desk



Contact:

David McDevitt—336-395-9622

ALAMANCE COUNTY COMMUNITY YMCA

1346 South Main Street, Burlington NC 27215 P 336 395 9622 www.acymca.org

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Please circle the class you are registering for

ARC Lifeguard Recertification Class:

March 21st/22nd: 1:00 PM - 5:00 PM

Name: _____ Birthday: _____

Address: _____

Email: _____

Contact Phone: _____

Emergency Contact: _____ Phone: _____

Successful completion of the lifeguarding competencies may include some strenuous activities such as performing CPR and removing a victim from the water. If you have a medical condition, disability, or any concern about your ability to participate, please speak with your doctor and the instructor PRIOR to the pre-requisite date of your session. Successful completion of the pre-requisites is required to continue in the course. Participants who fail to complete the pre-requisite test will be offered a place in a later course or may request a refund per the YMCA refund policy. There are absolutely no makeup classes for lifeguarding. You must attend every class to successfully complete the course. No refund will be issued if a participant does not pass the course or does not attend the full course.

Participant Signature: _____

Parent/Guardian Signature: _____
(If participant is under 18)