



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN TO SAVE LIVES

## 2016 December Discounted Lifeguard Class at Davie YMCA

Becoming a lifeguard is more than just a job. Learning to save a life is a big responsibility. That's why we have certified trainers to engage class participants in the coursework that prepares you for a lifeguarding job or just helps you be better prepared in the water.

### CERTIFICATIONS WILL BE EARNED IN

- YMCA LIFEGUARD
- CPR PRO/AED
- OXYGEN ADMINISTRATION
- FIRST AID

### Equipment provided:

- On The Guard Manual
- Rescue Pack with CPR Pocket Mask
- Whistle and breakaway lanyard

**Also includes access to our Facility Pool for the duration of the class!**

### Cost:

**FREE to participant's willing to sign a 1 yr work contract. Please see last page for details.**

**\$100 Off Special for participants not interested in signing a 1 year work contract \*Employee discounts are not applicable due to this special price.**

Members: \$100 (usually \$200)/Potential Members: \$175 (usually \$275)

**Registration Dates Open now- Dec 16<sup>th</sup>**

### Class Dates & Times

**\*Students must be able to attend each day for the times listed below. No exceptions.**

Tuesday, Dec 27<sup>th</sup> 9:30am-5:30pm

Wednesday, Dec 28<sup>th</sup> 9:30am-5:30pm

Thursday, Dec 29<sup>th</sup> 9:30am-5:30pm

Friday, Dec 30<sup>th</sup> 9:30am-5:30pm



### DAVIE FAMILY YMCA

215 Cemetery St Mocksville, NC 27028

P 336 751 9622 F 336 751 9420 [www.davieymca.org](http://www.davieymca.org) A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body." Financial Assistance available.



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## Payment and Refund Policy (if applicable)

Payments must be made in order to have a spot in class. We must have a minimum of 4 students to hold class and no more than 10 students per class. Payment is due at time of registration. Candidates that do not pass the prerequisite swim will be refunded 1/3 of the course fee. Candidates who do not open or complete the ASHI online course by the first day of class will be refunded ½ of the course fee. Candidates that do not pass the course will not be refunded. Cancellations or withdrawals made more than two weeks before the first day of class will receive a full refund. Cancellations or withdrawals received made within one week of class will be refunded ½ of the course fee.

## Prerequisites and Class Information

### Prerequisite Swim

Each candidate must complete the following on Day 1

- Tread water for 2 minutes (legs only)
- Swim 550 yards using a variety of strokes
- Perform a feet first surface dive to the bottom of the pool, then swim under water for 15 feet
- Sprint 25yds, perform a surface dive, retrieve an object from the deep end, tread water for 1 minute (legs only), remove self from water, and immediately begin compressions on an adult manikin at a rate of 100 compressions per minute.

### In order to receive your Lifeguard certification, each candidate must:

- Be 16yrs old by the last day of class
- Pass the prerequisite swim requirements
- Complete on e-learning modules before the first classroom session
- Successfully complete all pool skills
- Successfully pass written tests with a minimum score of 80%
- Be able to sit for extended periods of time
- Be able to communicate verbally with others
- Be able to hear noises and distress signals
- Be able to visually observe an aquatic environment without limitation
- Attend all scheduled days and times-no exceptions.
- Successful completion of lifeguard course does not guarantee employment at the Davie YMCA or any other branch

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### **What happens after you turn in your registration?**

- You will be emailed your online learning pieces. You have until the first day of class to complete your ASHI (CPR/First Aid/Oxygen) please allow 4-6hrs for this. Your YGUARD has online learning as well. The online learning will be e-mailed to you by your instructor. This piece must be completed prior to the 2<sup>nd</sup> day of class. Please allow at least 3hrs. You will not be allowed to attend class without completing you online learning.
- Please check your e-mail often as this will be my primary contact with you.

### **What to bring**

- Picture ID
- Swimsuit and towel (goggles are helpful, but optional)
- Lunch, Snacks, any beverages. I do allow you to eat during class. We will break for a short lunch.

### **For More Information:**

Please contact Kimberly Green, Aquatics Director/ Trainer,  
at [k.green@ymcanewnc.org](mailto:k.green@ymcanewnc.org)

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## December Lifeguard Certification Form

(please rip off registration form and keep the registration and class information)

### Participants Information:

Name: \_\_\_\_\_ Sex:  M /  F Date of Birth \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number: \_\_\_\_\_ \*E-Mail Address: \_\_\_\_\_

Parent/Guardian Name (if under age 18): \_\_\_\_\_

\*Required Information

### Emergency Contact Information:

Name and Relationship: \_\_\_\_\_ Phone Number: \_\_\_\_\_

- Full Certification**
- Renewal (must be currently certified)**
- Crossover**

**You must also register online for the course through the Y-Exchange. This is separate from the on-site registration at Davie YMCA (all fees are paid at the Davie Y). Online registration directions:**

- Go to <https://services.ymca.net/login.aspx?ReturnUrl=/registrations/login.aspx>
- Create a new account if you do not already have one (it can take up to 48hrs for approval)
- Under "My Career" select the Learning & Career Development Center (LCDC)
- Scroll down to "Search and Register for Classes"
- Course Category: Aquatics
- Course Name: YGUARD V6
- Zip code: 27028
- Select class AQ104B
- Link for registration  
<https://lcdc.yexchange.org/s/c61q99e>
- Follow registration instructions.

**Agreement:** In consideration of my or my child's participation in the YMCA program or activity, I hereby release and discharge the Davie YMCA and any and all employees or agents thereof from all claims of any kind or nature whatsoever rising out of the action of the above said employees or agents, to the extent by law. I have informed the staff of physical and mental condition(s) that may hinder or impair the safety of the program and/or program participants in respect to the aquatic environment. I am aware that this form is kept on file in the pool office for the instructor's information, and know that it is my responsibility to update the Aquatic Department should there be any changes or additions regarding my child's health.

Signature: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_

Parent or Guardian Signature (under age 18): \_\_\_\_\_ Date: \_\_\_\_\_

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## **1 Year Work Contract**

Participants willing to sign a 1 year work contract to work at either Davie or Yadkin Family YMCA are eligible for the lifeguard course at no cost. Please read and sign the contract below to participate in this offer.

I \_\_\_\_\_ (participant's name) understand that by signing this contract I am committing to work for 1 year at the Davie or Yadkin Family YMCA. I also understand the following expectations:

- In my 1 year I must average a minimum of 520 hours for the year (10 working hours per week).
- If I do not complete my end of the contract I understand my YMCA account will be billed the full amount of the guard class (\$200 for members/ \$275 for potential members).
- I understand that if I am terminated from employment with the Davie or Yadkin Family YMCA I will be billed the full amount of the guard class (\$200 for members/ \$275 for potential members).

I am interested in employment at:

Davie Family YMCA

Yadkin Family YMCA

Both

Participants Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/ Guardian's Signature (if under 16yrs old): \_\_\_\_\_

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