



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March Lifeguard

- Location:** Jerry Long Family YMCA
- Cost:** \$200/members - \$225/Potential members—Please call for recertification fee
- Prerequisites:** Must be 16 years of age or older by the end of class, be in attendance at ALL classes and pass a swim test consisting of 500 yards. 100 yards of each: freestyle, breaststroke, elementary backstroke, sidestroke and over-arm sidestroke. Tread water, and perform a shallow water dive. There will be no refunds issued after the first day of class. Course includes certifications (Y lifeguard, ASHI CPR Pro, AED, O2 and First Aid)
- Bring:** Swimsuit, towel, whistles, bag lunch, On the Guard II Book (Will be given 1st day of class). Vending machines on location.
- To Pass:** All skills must be successfully completed and written test score of 80% or better on each chapter. Each student must be present every day during the class session.

March Class:

3/9	5pm-9pm,	3/10	9am-3pm (ASHI)
3/13	5pm-9pm,	3/15	5pm-9pm
3/17	9am-3pm,	3/20	5pm-9pm
3/22	5pm-9pm,	3/24	9am-3pm
3/27	5pm-9pm		

Name: _____ **Birthday:** _____ **Age:** _____

Parent/Guardians Name: _____

Phone : (h) _____ (c) _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Acknowledgement of Risk of Injury/Release and Waiver: By signing where indicated, I acknowledge and understand that there may be risk of injury involved in the activities I (and any children in my supervision) may participate in during my (our) visit to the branch facility. I hereby agree to release, waive, discharge, covenant not to sue, hold harmless, and indemnify the YMCA of Northwest North Carolina, the Branch and their respective agents, employees, officers, directors, members and other staff and personnel, and each of their personal representatives, assigns, heirs and next of kin, from any loss, liability, damage or cost resulting from any and all injuries, claims, demands, actions or judgments which I (and any children under my supervision) have had, or may have, or which my heirs, executors or administrators may have or claim to have against the YMCA, the Branch their respective successors or assigns, for all injuries, known or unknown, or injuries to property, real or personal, known or unknown, caused by arising out of, or related to my (our) use of the Branch facility.

Parent's/Participant's Signature

Date