LEARN TO SAVE LIVES

Lifeguard Certification
At the William G White Jr. 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:
- Lifeguard Trainer Book
- Fanny Pack with CPR Pocket Mask
- Fox 40 whistle and lanyard

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

Cost:
Members: $275/Potential Members: $350
Renewal/Crossover–Members: $150/Potential Member: $200

Class Dates & Times–2017
March 17–28, April 10–13, May 5–18
(Turn over for specific days/times)

Questions?
Get in touch with Aquatics Director Zach Harvey at z.harvey@ymcanwnc.org or call 336-721-2100.

WILLIAM G. WHITE, JR. FAMILY YMCA
775 West End Boulevard, Winston-Salem NC 27101
P 336 721 2100 F 336 721 2106 www.wgwhiteymca.org A United Way Agency
**Lifeguard Full Class Days/Times**

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<th>March Class:</th>
<th>April Class (Spring Break):</th>
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**For More Information:**

Please contact Zach Harvey, Aquatics Director, at z.harvey@ymcanwnc.org or call 336-721-2100 Ext. 6269
Lifeguard Registration Form

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: __________________

You must also register online for the course through the Y-Exchange. This is separate from
the on-site registration at Yadkin YMCA (all fees are paid at the Yadkin 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
• Under “My Career” (left side of homepage) select the Learning & Career Development Center
  (LCDC)
• Scroll down to “Search and Register for Classes”
• Course Category: Aquatics
• Course Name: 2011 Edition YMCA Lifeguard
• Zip code: 27055
• Follow registration instructions.

Agreement: In consideration of me or my child’s participation in the YMCA program or activity, I hereby release and
discharge the Yadkin 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 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. I have read and understand the Yadkin Family YMCA Private Swim Lesson information and agree to abide by
all of the aforementioned guidelines.

Signature: ____________________________________________ Date: ___/___/____

Parent or Guardian Signature (under age 18): ____________________________ Date: ________
Payment and Refund Policy

Payments must be made in order to reserve your 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 before date of the prerequisite swim. Candidates that do not pass the prerequisite swim will be refunded 1/2 of the course fee. Candidates who do not open or complete the ASHI online course by the first day of class will be refunded 1/2 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 two weeks of class will be refunded 1/2 of the course fee. There are no refunds after the 1st day of class is completed.

Prerequisites and Class Information

Prerequisite Swim

- Each candidate must complete the following before the first day of class. Contact your trainer for the date and time of the swim.
- 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 25yrd, 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 Family YMCA or any other branch.
What happens after you turn in your registration?

- E-mail will be your trainer’s main source of contact with you! Please check your e-mail daily.
- Set up your Y Exchange account and register online (directions on registration page).
- Y-Exchange will give you access to your YMCA Transcript and other resources.
- You will then be sent your ASHI (American Safety Health Institute) online e-learning to complete. This includes your CPR PRO, First Aid, and O2. You can stop and start these as your information will save. If you do not receive this e-mail within 48hrs of registering your Y-Exchange account please let your trainer know (check your junk folder too). You must bring your certificate with you to the prerequisite swim.
- After successfully completing the swim and bringing in your completed ASHI certificates you will be e-mailed the modules for the “On the Guard” online portion of your training. There are 11 modules to complete by the first day of class. Please e-mail or print off your certificates of completion and give them to your trainer.
- A few days prior to class your trainer will e-mail you reminders on what to bring, lunch info, and let you know what room you will be in, etc.
- Please feel free to ask questions! That is what your trainer is here for!

What to bring

- Picture ID
- E-learning certifications (first day only)
- Swimsuit and towel (goggles are helpful, but optional)
- “On The Guard Manual”, rescue pack, whistle/lanyard (will receive first day of class)

For More Information:

Please contact Zach Harvey, Aquatics Director, at z.harvey@ymcanwnc.org or call 336-679-7962 ext. 6480.