



We build strong kids, strong families, strong communities.

Lifeguard Training

March - May 2008

Welcome to YMCA Lifeguarding. This course is designed to prepare the participant with the knowledge and skills needed to be a pool lifeguard. Certifications you will receive by completing this course include: YMCA Lifeguard Training; CPR for the Professional Rescuer; First Aid; AED; and Oxygen Administration. This is not a water park certification course. Participants may receive 1/2 off the registration fee if they want to work at a YMCA of Arlington and have filled out an application and have been accepted after going through an interview process.

Fees: Member \$125 this includes certification fee, books, and class materials.
Non-Member \$175 this includes certification fee, books, and class materials.
Recertification \$75 Your certification cards must be current.

Locations: Cooper Street Branch, 7120 South Cooper
Tarrant County College S.E. Campus , 2100 S.E. Parkway

First day of class is at Cooper Street YMCA, but both sites may be used during the course of the class.

Class Dates & Times:

<u>Session 1</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Session 4</u>	<u>Session 5</u>	<u>Session 6</u>
Spring Break March 17 - 21	April 4, 5, 6 April 11,12,13	April 18, 19th, 20 April 25, 26, 27	May 2, 3, 4, May 9, 10, 11	May 6, 8, 13, 15, 20, 22, 27, 29	May 16-18 May 23-25
Monday-Friday 9 a.m.-5 p.m.	Fri 5 p.m.-10 p.m. Sat 9 p.m.- 4 p.m. Sun 9 p.m.- 5 p.m.	Fri 5 p.m. - 10 p.m. Sat 9 p.m.- 4 p.m. Sun 9 p.m.- 5 p.m.	Fri 5 p.m.-10 p.m. Sat 9 p.m.-4 p.m. Sun 9 p.m.-5 p.m.	Tues/Thurs. 5 p.m.-9 p.m.	Fri 5 p.m.-10 pm Sat 9 p.m.-4 p.m. Sun 9 p.m.-5 p.m.

Cooper Street Branch
7120 S. Cooper Street
Arlington, Texas 76001

Phone: 817-419-9629
Fax: 817-419-9640

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:
 1. Perform a long shallow dive, and then swim 500 yards (including 100 yards each of sidestroke, front crawl, and breast stroke, sidestroke kick with one arm forward and inverted breaststroke with arms on the stomach).
 2. Tread water for two minutes with legs only. (No Hands)
 3. 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 skills test with 100% successful completion of each skill.

Also, lifeguard candidate must pass the CPR for the Professional Rescuer, First Aid, AED for the Professional Rescuer and Oxygen Administration certifications administered during the class.

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.



Financial Aid available



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If you have any additional questions please feel free to contact the front desk or Jeremy Thomas, Associate Executive Director, at (817) 419-9629.



Lifeguard Registration

Participant's Name _____ Age _____ Home Phone _____

Address _____ City _____ Zip _____

Parent's Name(s) _____ Work Phone _____

Emergency Contact _____ Emergency Phone _____

Session	Dates of Session	Amount Paid	Receipt #

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 night. There are no refunds for not passing the class or not finishing the class after the prerequisite swim has been completed.

Make-up Policy: If the pool is closed or shut down, make-up classes will be rescheduled by the instructor.

YMCA OF ARLINGTON RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration for being permitted to utilize the facilities, services, and programs of the YMCA of Arlington for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment therein and such affiliated programs have been inspected and considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA OF ARLINGTON FACILITIES, SERVICES, AND PROGRAMS FOR ANY REASON, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE YMCA OF ARLINGTON, WITHOUT RESPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

- 1. The undersigned hereby releases, waives, discharges and covenants not to sue the YMCA of Arlington, its directors, officers, employees, and agents ("the releasees") from all liability to the undersigned, his or her personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA of Arlington, without respect to location.*
- 2. The undersigned hereby agrees to indemnify and save and hold harmless the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA of Arlington or participating in any program affiliated with the YMCA of Arlington, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.*
- 3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR ANY RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE DUE TO NEGLIGENCE OF RELEASEES OR OTHERWISE while in, about, or upon the premises of the YMCA of Arlington and/or while using the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA of Arlington.**
- 4. The undersigned further assumes full responsibility for any lost or stolen items while in, about, or upon the premises of the YMCA of Arlington and/or while using the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA of Arlington.*
- 5. The undersigned gives permission to the YMCA of Arlington to use photographs, film footage, or tape recordings which may include their own image (or family members) or voice for purposes of promoting YMCA programs.*
- 6. The undersigned understands that YMCA membership dues and program fees are not deductible as charitable tax contributions. The undersigned further expressly agrees that the forgoing release, waiver, and indemnity agreement cannot be altered in any way, and is intended to be as broad and inclusive as is permitted by the law of the state of Texas and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. The undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.*

I HAVE READ THIS RELEASE.

_____/_____/_____
date participant (if 18 or older)

_____/_____/_____
date parent or guardian's signature
(if participant is legally a minor)

printed name

printed name

OFFICE USE ONLY: Member Type _____	Expiration Date _____	Staff Initials _____
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