



We build strong kids, strong families, strong communities.

JULY 5TH – JULY 10TH

Where: Reidsville Family YMCA
504 S. Main St.
Reidsville, NC 27320

Bring:

- Bathing suit(s)
- Towel
- Paper, pen / pencil

Classes will be held on the following schedule:

(You must attend all.)

Monday - Friday 9:00 a.m. – 2:00 p.m.

July 5th – 10th

Saturday 9:00 a.m. – 4:00 p.m.

July 10th

Prerequisites:

- **Minimum age of 16** years by the completion date of the course (7/10/10). Written parental consent is required for those under age 18.
- Pass the following swimming test:
 1. Perform a long, shallow front dive, then swim 500 yards, including 100 yards each of sidestroke, front crawl, breaststroke, rescue stroke, and inverted breaststroke kick with arms on stomach.
 2. Tread water for at least 2 minutes legs only.
 3. Surface-dive headfirst and feet-first in 8-10 ft. of water and swim underwater for 15 feet.

***Note:** YMCA Lifeguard Training will include YMCA Lifeguarding, American Red Cross: CPR / AED for the Profession Rescuer, Oxygen Administration, and First Aid.

The Lifeguard class will be limited to the first 10 registrants and 100% attendance is required to be eligible for certification.

Certification requirements:

- Score 80% or better on each chapter on the written test
- Correctly perform all skills in a practical skills test.
- Certification may also include your instructor’s subjective judgment about the maturity, attitude, and classroom participation you demonstrate during the course.

***Financial Assistance Available Upon Request**

<u>Cost:</u> YMCA Members	\$150
Reidsville City Residents	\$175
Non-members / Non-residents	\$200

YMCA Lifeguard Registration Form July 5 – July 10, 2010

Name _____

Home Phone _____ Last 4 SS# _____ DOB _____

Home Address _____

State _____ Zip _____

Parent’s Signature (if under 18): _____

Participant’s Signature: _____