



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# **CPR, FIRST AID & LIFEGUARDING COURSE**

**ONLINE-Blended Learning Course  
HOPKINS COUNTY FAMILY YMCA**

We are excited to offer you American Red Cross Lifeguarding Blended Learning. Blended Learning combines online learning with an on-site skills session where you will practice skills and demonstrate competency. Please plan to complete the initial online lessons of your training at least two days prior to your on-site skills session which is scheduled for **Tuesday, May 29<sup>th</sup>, 10:00a-2:00p**. Please follow the registration process outlined on the last page to gain access to the online portion.

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. This comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking

action to help those in danger when necessary. Course covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments and spinal injury management.

**ITEMS TO BRING TO ON-SITE SKILLS SESSION:**

- **Swim suit (Lifeguard Training)**
- **Towel (Lifeguard Training)**
- **Pen/Pencil**

Participants must be at least 15 years old.

**Payment must be received at the time of registration.**  
Registration deadline May 20, 2018. No refunds given after that date.

<b>Session Date</b>	<b>Time</b>
<b>On Your Own</b> (to be completed 2 days prior to on-site skills day; all participants will receive an email how to register for online course on May 22 <sup>nd</sup> )	<b>Online Course</b>
<b>May 29</b>	<b>10a-2p</b>

**CLASS MAX: 10 participants – Register Soon!**

Questions? Please email [robert.coulter@hopcoymca.com](mailto:robert.coulter@hopcoymca.com)

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### **FIRST AID/CPR/LIFEGUARD REGISTRATION FORM**

#### **First Aid/CPR/Lifeguarding**

- Member - **\$150**
- Non - **\$170**

#### **Recertification**

- Member - **\$100**
- Non - **\$120**

Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_ DOB \_\_\_/\_\_\_/\_\_\_ Age \_\_\_\_\_

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


Phone \_\_\_\_\_ Parent/Guardian \_\_\_\_\_ DOB \_\_\_\_\_

E-Mail \_\_\_\_\_ Emergency Contact/Number \_\_\_\_\_

I have read and understand the prerequisites for this course. I understand that if I am unable to pass this course (participants must have 100% class attendance, pass 100% of the water skills test, and receive an 80% on written test in order to become certified) I will not receive a refund for this course.

  
Signature

Date

  
Parents' Signature (if under 18)

Date