



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TEACHING WATER SAFETY ONE LAP AT A TIME LIFEGUARD COURSE

HOPKINS COUNTY FAMILY YMCA

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:

- **Swim suit (Lifeguard Training)**
- **Towel (Lifeguard Training)**
- **Pen/Pencil**
- **Picture ID (for proof of age)**

Participants must be at least 15 years old.

Class is limited to 6 participants. Payment must be received prior to the start date. Registration deadline July 17, 2020. No refunds given after that date.

Session Date	Time
July 20	9:30am to 1:30pm
July 21	10:00am to 3:00pm
July 22	9:30am to 3:30pm
July 23	9:00am to 2:30pm
July 24	10:00am to 2:30pm

ITEMS TO BRING:

- Swim suit (Lifeguard Training)
- Towel (Lifeguard Training)
- Pen/Pencil
- Picture ID (for proof of age)

FIRST AID/CPR/LIFEGUARD REGISTRATION FORM

First Aid/CPR/Lifeguarding

- Member - **\$180.00**
 Non-Member - **\$200.00**

Recertification

- Member - **\$100.00**
 Non-Member - **\$120.00**

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.

X

Signature

Date

X

Parents' Signature (if under 18)

Date