



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



# **TRAINED TO SAVE**

## **LIFEGUARD REVIEW COURSE**

### **HOPKINS COUNTY FAMILY YMCA**

**This course is designed to recertify existing lifeguards and ensure participants have the knowledge and skills needed to be a lifeguard and professional rescuer. This comprehensive course reviews safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, FA/CPR/AED skills, and spinal injury management.**

#### **Prerequisites:**

- **Must be have a valid Lifeguarding certification**
- **Must be able to use a forward-facing swim stroke continuously for 300 yards**
- **Must be able to tread water with no hands for 2 minutes**
- **Must be able to retrieve a 10-pound weight off of the bottom of the deep end and swim with it**

The physical pre-course with the events listed under “prerequisites” will be the first activity of the course, to ensure all participants are physically capable of participating in the rest of the course. If the participant is unable to complete the pre-course they will not be able to continue. They can register for a future course (if available) with 80% of their course fee credited towards it, or they will receive a partial refund of 50%. A portion of the course fee is retained by the YMCA in the case of noncompletion due to our limited number of participant slots in this course.

### LIFEGUARD REVIEW COURSE REGISTRATION FORM

| Select | Course name      | Date(s)               | Times     | Sign-up Deadline               |
|--------|------------------|-----------------------|-----------|--------------------------------|
|        | Lifeguard Review | April 8 <sup>th</sup> | 8am – 5pm | April 7 <sup>th</sup> @ 6:30pm |
|        | Lifeguard Review | May 6 <sup>th</sup>   | 8am – 5pm | May 5 <sup>th</sup> @ 6:30pm   |

**Lifeguard Recertification**

**Member - \$130.00**

**Non-Member - \$150.00**

Name \_\_\_\_\_ E-mail \_\_\_\_\_

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% or higher on written test in order to become certified) I will NOT receive a full refund for this course.

**X**

Signature

Date

**X**

Parents' Signature (if under 18)

Date