

Randolph-Asheboro YMCA 2023 Lifeguard Class Schedule

Attention Lifeguard Students:

Pre-Course Requirements

- You must be at least **15 years of age** before the last day of the training class to participate.
- **300 Yard Swim** (100 yards freestyle, 100 yards breaststroke, and 100 yards either/or – this is not a timed event)
- **Brick Test** - Swim out 20 yards, surface dive 7ft – 10ft deep, retrieve a 10 pound weight from the bottom of the pool, return to the surface, and swim with it back 20 yards to the start position. This objective is timed at 1 minute & 40 seconds.
- **Tread Water** - You must tread water without using your hands for 2 minutes.

The purpose of the swim is to demonstrate comfort in the water.

Classroom learning and hands-on practice build key skills

- Surveillance skills to help you recognize and prevent injuries.
- Rescue skills in the water and on land
- First Aid training and Professional Rescuer CPR to help you prepare for any emergency
- Professional lifeguard responsibilities, like interacting with the public and addressing uncooperative patrons
- This program is 100% IN PERSON

Course Fees:

Full Class Costs

- \$200 (R/A YMCA Members)
- \$250 (Non R/A YMCA Members)

Private Lessons

Private lessons are available based on instructor availability. +

Class Locations

When lifeguard students are in the water or in the classroom, class will be held at **Randolph-Asheboro Pool: 343 NC Hwy 42 North, Asheboro, NC 27203**

Registration forms must be filled out and turned in with payment, at the time of registration.

In this course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. This course is instructor led, on site at the Asheboro YMCA.

You will learn a number of lifeguarding techniques such as surveillance; how to use rescue equipment for a distressed swimmer, active drowning victim and passive drowning victim; and how to care for someone who may have a head, neck, or back injury.

Successful course completion requires **100% participation** in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. ALL tests must be passed with a score of 80% or higher. If you miss any classes, there are no make-ups. You will have to be assigned to another class. You **MUST bring a swim suit and towel to all classes** (goggles are optional).

Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing CPR on the floor and removing someone from the water.

If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or healthcare provider and with an American Red Cross Lifeguard Instructor **BEFORE** you start this course.

To enroll in the Lifeguard Training course, you must be at **least 15 years of age before the last scheduled class session.**

Please bring **a picture ID or copy of a birth certificate** with you to the class for verification.



**Cell phone usage will NOT be allowed during class or test times.
Phones may be used during designated breaks.**

2023 Randolph-Asheboro YMCA Lifeguard Class Schedule

YOU MUST ATTEND ALL SESSIONS FOR COMPLETION

Session B: Thursday, April 27th; 5:00 PM – 8:00 PM
Friday, April 28th; 5:00 PM – 8:00 PM
Saturday, April 29th; 8:00 AM – 6:00 PM

Refund Policy

Once you have paid for the Lifeguard class you have reserved your spot in the class. Once a registration is complete there will be **NO REFUNDS** for any reason. If you do not pass the prerequisite there will be **NO REFUNDS** for any reason. You must re-register and pay to attend another class.

Certifications

Upon successful completion, you will receive an American Red Cross Lifeguard Training certificate, which is recognized by most employers of aquatic facilities in all fifty states. The Lifeguard Training certificate, which includes First Aid, is valid for 2 years.

Cell phone usage will NOT be allowed during class or test times. Phones may be used during designated breaks. Registration forms must be filled out and turned in with payment, at the time of registration.



RANDOLPH-ASHEBORO YMCA

343 NC Hwy 42 N Asheboro, NC 27203 (336) 625-1976-www.RandolphAsheboroYMCA.com



Randolph-Asheboro YMCA Lifeguard Training

*Please submit this portion in with your non-refundable payment.
All registrations must be made in person at the YMCA.*

Course Fees:

Full Class Costs

- \$200 (R/A YMCA Members)
- \$250 (Non R/A YMCA Members)

I have read and understand the course requirements and the refund policy.

Date: _____

Print Name: _____ Phone #: _____

Mailing Address: _____

Participant's Signature _____

Parental/Guardian's Signature
(If under 18 years of age) _____

To enroll in a training class, submit this form to the YMCA Front Desk prior to the course start date.

A **non-refundable** payment is also required with this registration form to reserve your place in training.
There will be **NO REFUNDS** for any reason. **Make checks payable to: Randolph-Asheboro YMCA.**

If you would like to pay by major credit card or debit card with a VISA or MasterCard please stop by the front desk for payment.

For Office Use ONLY:

Paid by: CASH, CHARGE or CHECK # _____ Amount Paid \$ _____