

Randolph-Asheboro YMCA 2025 Lifeguard Class Schedule

Pre-Course Requirements

- Jump into the water and totally submerge, resurface then swim 150 yard using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed).
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
- Swim 50 yards using the front crawl, breaststroke or a combination of both.
- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
- Submerge to a depth of 7-10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out or near the surface.
- Exit the water without using a ladder or steps.

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

- \$225 (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.

Attention Lifeguard Students:

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.

2025 Randolph-Asheboro YMCA Lifeguard Class Schedule

YOU MUST ATTEND ALL SESSIONS FOR COMPLETION

Session B:	Wednesday, April 23, 2025	5:30 PM – 10:00 PM
	Thursday, April 24, 2025	5:30 PM – 10:00 PM
	Friday, April 25, 2025	5:30 PM – 10:00 PM
	Saturday, April 26, 2025	9:00 AM – 12:00 PM, 1:00 PM – 7:00 PM
	Sunday, April 27, 2025	9:00 AM – 2:00 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 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

- \$225 (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 \$ _____