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## Lifeguard Training

### Carthage Fair Acres Family YMCA

Keep swimmers safe while working as a lifeguard! The American Red Cross Lifeguard Training course provides entry-level lifeguards with the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Participants will also learn to provide care for injuries, sudden illness, breathing problems and cardiac emergencies until EMS personnel arrive.

Cost of the class is \$225 per person and participants must be at least 15 years old.

### **Dates and Registration**

The registration period for each class begins one month before the first day of the class and ends the day before the class starts. Classes will be held during the following hours: Friday 4pm–10pm, Saturday 8am–8pm and Sunday 1pm–6pm.

- January 19th—21st

For more information, please see the back of this sheet or contact us at (417) 358-1070.

Carthage Fair Acres Family YMCA 2600  
Grand Ave, Carthage, MO 64836





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## **Welcome to the American Red Cross Lifeguard Certification Class!**

Thank for choosing the Carthage Fair Acres Family YMCA to teach you one of the most challenging and rewarding skills you can have. We have outlined some information regarding your class that you might find helpful over the course of your session:

**Prerequisites:** You must be able to swim 300 meters using the front crawl and breaststroke (swim goggles may be used) and tread water for 2 minutes using your legs only. You must also complete the following timed event within 1 minute and 40 seconds: Starting in the water, swim 20 yards (face may be in or out of water; swim goggles not allowed) and surface dive (feet first or head first) to a depth of 6 feet. Retrieve a 10-pound brick, return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face out of the water. Exit the pool.

**Start of Class:** Your class will begin sharply at the time listed on the front of this sheet. If you are late to class, you will be unable to make up the time you missed. Please make sure that you can be here in time for the class to begin so that you can get the full time allocated. You must attend 100% of all classes the weekend of your certification. No exceptions will be made.

**What to Bring:** Be prepared to get in the water the first day. All students must bring a swimsuit, towel and change of clothes.. Participants should also bring ID, a pen and paper to classes.

**Checking In:** Please check in at the front desk as you enter the building every time you come to class.

**Weather Policy:** If at any time we hear thunder or see lightening, we will immediately clear the pool and pool deck. The pool will be closed for 30 minutes from the last time thunder and lightning was seen or heard. In the event of thunder or lightning we will move to a classroom, so we will still have class. There will be times when poor weather occurs during or directly before a class.

**Cancellations:** If the class is cancelled by the YMCA for any reason, we will give you a refund or credit for the next class. If you miss a class due to illness, injury or vacation, we will not be able to make up the missed time, and you will not be certified.

**Failed Courses:** Being a lifeguard is not for everyone. It is a challenging skill that we take very seriously. It is the instructor's job to only certify individuals who have successfully completed the entire course by demonstrating all required skills. Everyone will be tested the first day of class on their prerequisite swims. If you do not pass your prerequisite swim you will receive a refund. If you pass your prerequisite swim but do NOT pass the course you will NOT be issued a refund.