



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Lifeguard Course

**March 2018**

**May 2018**



## **Contact**

Courtney Hudson

[Courtney.hudson@ymcamemphis.org](mailto:Courtney.hudson@ymcamemphis.org)

**Cost: \$200 See the back for more information.**

Participants must be at least 16 years old by the end of the course.

## **YMCA AT SCHILLING FARMS**

1185 Schilling Blvd. E, Collierville TN 38017

P 901 850 9622 F 901 850 9122 [ymcamemphis.org](http://ymcamemphis.org)

## Entrance Requirements

All participants must be 16 years of age, have access to a computer and email for the eLearning lessons, and pass the swimming skills assessment on the first night of class.

## Items to Bring to All Classes/Attendance

Swimsuit, towel, class materials (provided), and all homework and eLearning assignments indicated on the class syllabus. 100% attendance is required; no make-up dates are offered.

## Y Lifeguard Course Registration Form

Payment is due upon successful completion of the Swimming Skills Assessment session.

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Name

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Street Address

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City, State, Zip Code

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Date of Birth (provide ID)

Telephone Number

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Email Address - REQUIRED

### WAIVER

Release and waiver. I hereby release the YMCA of Memphis & the Mid-South, and its designated leadership, from accident and liability obligations. I waive and release for myself, my heirs, and personal representatives from any and all claims I may have now or hereafter against the YMCA and anyone involved in the training from an liability for any damages, injury or illness suffered by me in connection with the training, or as a result of having participated in. I further permit the free use of my name and picture in any form for purposes of promotion on interpreting YMCA programs. I realize that participation in or completion of any or all of the aforementioned training does not guarantee job placement with this or any other YMCA facility.

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Signature

Date

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Parent/Guardian Signature if Under 18 Years of Age

Date

### Questions?

Contact Tish Lewis at 901-850-9622 or [tlewis@ymcamemphis.org](mailto:tlewis@ymcamemphis.org) or

Courtney Hudson at 901-850-9622 or [Courtney.hudson@ymcamemphis.org](mailto:Courtney.hudson@ymcamemphis.org)

# YMCA Lifeguard Additional Information

## Pre-requisite swim test (Must complete all 3 phases)

Phase 1: Tread water for 2 minutes (legs only) Swim 100 yards of front crawl.

Phase 2: Swim 50 yards of each: front crawl with head up, sidestroke, breaststroke, breaststroke head up, elementary backstroke kick with hands on the chest. Perform a feet first surface dive in 7 feet of water & then swim underwater 15 feet.

Phase 3: Participants sprint for approximately 60 feet & then perform an arm-over-arm surface dive , pick up an object from the bottom of the pool, surface, tread water for one 1 minute with legs only & replace object back on bottom of pool. Swim the remaining length and hoist yourself out of the pool. Immediately begin compressions on an adult mannequin for 1 minute (100 compressions).

Friday, March 2 @ 6:00 p.m.—swim assessment test for March 2018 class

March 12—16 @ 5:00—9:00 p.m.

March 17 @ 9:00 a.m.—5:00 p.m.

March 18 @ 1:30 —6:00 p.m.

Friday, April 27 @ 6:00 p.m.—swim assessment test for May 2018 class

May 4 @ 5:00—9:00 p.m.

May 5 @ 9:00 a.m.—5:00 p.m.

May 6 @ 1:30—6:00 p.m.

May 11 @ 5:00—9:00 p.m.

May 12 @ 9:00 a.m.—5:00 p.m.

May 13 @ 1:30—6:00 p.m.

## Certification Requirements

100% participation required. Must score 80% or higher on each section of the YMCA Lifeguard test. Must score 80% or higher on CPR PRO, first aid, and emergency oxygen. Successfully perform all practical skills. Successfully demonstrate the ability to prevent, recognize, activate emergency action plan, rescue, provide emergency care, and complete reports.