



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU'VE GOT WHAT IT TAKES



2017 YMCA Lifeguard Certification Courses

Class Dates (all classes must be attended to successfully pass)

October

Pre-Requisite Swim: October 9th 5-6PM

10/14	Saturday	10a-5p
10/15	Sunday	10a-5p
10/21	Saturday	10a-5p
10/22	Sunday	10a-5p

December

Pre-Requisite Swim: December 16th 3-4PM

12/27	Wednesday	10a-5p
12/28	Thursday	11a-5p
12/29	Friday	10a-5p
12/30	Saturday	10a-5p

Course Price: \$200 Members/\$250 Nonmembers (\$100 Non Refundable)

RIC NUBER YMCA

5885 Quince Rd, Memphis, TN 38119

P 901 682 8025 F 901 682 0783 ymcamemphis.org



YMCA LIFEGUARD CERTIFICATION COURSE

To participate in this course you must complete a pre-requisite swim test. This test consists of 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 the head up, sidestroke, breaststroke, breaststroke with the head up, elementary backstroke kick with hands on the chest. Perform a feet first surface dive in 7.5 feet of water & then swim underwater 15 feet.

Phase 3: Participants start in the water at shallow end, sprint for a distance of approximately 60 feet, & then perform an arm-over-arm surface dive in 7.5 feet of water, pick up an object from the bottom of the pool, surface, tread water for at least 1 minute with legs only, & replace the object back to the bottom of the pool where it was found. Swim the remaining length to the end of the pool, and hoist yourself out of the pool. Immediately begin compressions on an adult manikin for 1 minute or 100 compressions; stand and listen to directions from instructor.

In addition to scheduled class time there is 8.5 hours of self-paced e-learning assignments. The first 3 ASHI e-learning assignments must be completed prior to the first day of class.

Course Price: \$200 Members/\$250 Nonmembers (\$100 Non Refundable)

For more info, contact Bryan Parker,
Program Director at bparker@ymcamemphis.org

Lifeguard Certification Course

Parent/Guardian Info (if under 18 year of age):

First Name: _____ Last Name: _____ Birth date: ___/___/___

Male Female

Ethnicity:

African-American Asian/Pacific Islander Caucasian

Hispanic Native American Other _____

Address: _____ City: _____ State: _____ Zip: _____

Primary Phone: _____ Email address: _____

Employer: _____ Emergency Contact: _____

Phone: _____

Participant Info:

First Name: _____ Last Name: _____

Male Female Birth date: ___/___/___ School: _____

Ethnicity: African-American Asian/Pacific Islander Caucasian Hispanic

Native American Other _____

Emergency Contact: _____ Phone: _____

I, the above referenced youth athlete's parent/guardian, hereby register my child to participate in YMCA youth athletics for the above listed sport. I acknowledge and understand that there is a risk of injury involved in athletic participation I understand that my child will be under the supervision and direction of Y staff and volunteer coaches. However, I acknowledge and understand that the YMCA cannot eliminate the risk of injury in sports. Injuries may and do occur. I freely, knowingly, and willfully accept and assume the risk of injury that might occur from my child's participation in youth athletics. I hereby release the YMCA of Memphis and the Mid-south its staff and volunteers from accident and liability obligation. I, the undersigned, hereby certify that to the best of my knowledge, my child is physically able to safely participate in the sports activity for which he or she has been registered I understand that the goals and objectives of the Y Youth Sports Programs are based on fun, fair play and skill development. Photographs will occasionally be taken of the players during the sports activities. By signing this registration form, I consent to the use of pictures of my child for displays, brochures, and promotional materials with no compensation to me or my child.

Signature _____ Date _____

The Y: We're for youth development, healthy living and social responsibility.