



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SAVE A LIFE

American Red Cross Lifeguarding Class MONTGOMERY COUNTY FAMILY YMCA

Lifeguard Training Class coming up at the YMCA.

Get certified now and be ready to work at any area pools for the summer!

THIS SESSION WILL BE A BLENDED LEARNING CLASS,
PARTICIPANT'S EMAIL ADDRESS IS REQUIRED.

- Cost for class is \$160
- Preregistration & payment are required 5 days prior to class
- Swim test success required for class participation
- Students must be age 15 or older to enroll

WHEN: June 1st, 2018
10:00AM-6:00PM

LOCATION: Montgomery County Family YMCA
101 E. Cherry St.
Red Oak, IA 51566
Contact Missy Stickland for details
(712)623-2161
mstickland@mcymca.com





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LIFEGUARDING CLASS

For more information please contact: Missy Stickland
712-623-2161 or mstickland@mcymca.com

PRETEST CONSISTS OF A COMBINATION OF BREASTROKE AND FREESTYLE FOR 12 LAPS

TREADING WATER FOR 2 MINUTES WITH NO HANDS

RETRIEVING A 10 LB BRICK FROM THE DEEP END OF THE POOL AND SWIMMING IT BACK TO THE SHALLOW

Participants **MUST** pass the above pretest at the beginning of the class to participate.

Once the registration and email address is received a link will be sent out that must be completed prior to class; NO EXCEPTIONS. This link will be a large portion of the lifeguarding class, as well as CPR and First Aid. Once completed the participant must forward the completion emails to myself to verify and keep on record.

(Return this portion to the YMCA or Register ONLINE @ www.MCYMCA.com/OnlineRegistration)

Montgomery County Family YMCA 101 E. Cherry Street Red Oak, IA 51566

Spring 2018 Lifeguard Class Registration

June 1st 10 a.m.-6 p.m.

Name _____

Date of Birth _____

EMAIL ADDRESS _____

Address _____

City _____

State _____

Zip _____

Phone (____) _____

I understand that the YMCA assumes no legal responsibility for my medical expenses and I waive all rights against the YMCA and each person named herein. I understand that physical activity is involved with the Lifeguard Class and that the above is physically fit to participate in this class and that I know of no physical impairments which would in any manner limit his/her participation in such a class.

Signature of participant, or Guardian or Parent (if under 18)

