



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAVE A LIFE

American Red Cross Lifeguarding class MONTGOMERY COUNTY FAMILY YMCA

Have you wondered what you could do with a passion for swimming and a need for some extra cash? We will be offering a Lifeguard Training Class at the YMCA this spring. Get certified now and be ready to work at any area pools for the summer!

Students must attend the entire class to be eligible for certification.

- Cost for class is \$160; Preregistration & payment are required 5 days prior to class
- Swim test required prior to class participation
- Students must be age 15 or older to enroll
- Each weekend is 1 class, students only need to attend 1 entire weekend

WHEN: April 14th & 15th
April 28th & 29th
May 5th & 6th
9:00AM-5:00PM

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





LIFEGUARDING CLASS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

Students are welcome to bring snacks, drinks, and lunches as we will work through to complete

(Return this portion to the YMCA)

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

April 2017 Lifeguard Class Registration

Name _____

Date of Birth _____

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)

