



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME TO RECERTIFY

LIFEGUARD RE CERTICATION CLASS MONTGOMERY COUNTY FAMILY YMCA

Check your certificates now, do you need your re-certification?
Make plans now and be ready when the pools open!

- Cost for class is \$75; Pre registration and payment are due 5 days prior to class
- Must attend 1 of the below dates
- Swim test required prior to class participation

WHEN: Friday, April 13th
Friday, April 27th
Friday, May 4th
5:00PM-9:00PM

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 RECERTIFICATION 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 in order to continue

(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)

