



ABERDEEN FAMILY YMCA 2012 AMERICAN RED CROSS LIFEGUARD/WSI REGISTRATION FORM



COURSES OFFERED:

LIFEGUARD COURSE:

March 23-25, 2012

April 13-15, 2012

May 4-6, 2012

May 27-29, 2012

Attendance all three days is required. All weekends will follow the same format:

Friday	4:00pm-10:00pm
Saturday	8:00am-10:00pm
Sunday	8:00am-5:00pm

*The May 27-29 training will be held Sunday through Tuesday and will follow this format:

Sunday	8:00am-10:00pm
Monday	8:00am-10:00pm
Tuesday	8:00am-5:00pm

*All courses will have a few breaks including one for lunch and dinner.

LIFEGUARD RENEWAL:

Sunday, March 18, 10:00am-12:00pm

Sunday, April 22, 10:00am-12:00pm

Sunday, May 20, 10:00am-12:00pm

Wednesday, May 30, 6:00pm-8:00pm

CPR-PR/AED RENEWAL:

Sunday, March 18, 12:00pm-2:00pm

Sunday, April 22, 12:00pm-2:00pm

Sunday, May 20, 12:00pm-2:00pm

Wednesday, May 23, 6:00pm-8:00pm

SWIM INSTRUCTOR (WSI):

June 1-3, 2012

Attendance all three days is required. Class times will follow this format:

Friday	8:00am-8:00pm
Saturday	8:00am-8:00pm
Sunday	8:00am-8:00pm

*All courses will have a few breaks including one for lunch and dinner.

ABERDEEN FAMILY Y
5 South State Street
Aberdeen SD 57401
605.225.4910
www.aberdeenymca.org

DESCRIPTIONS:

LIFEGUARDING:

This course will teach you basic lifeguarding practices, help improve your endurance and certify you as a lifeguard. Courses offered are through the American Red Cross.

Prerequisites:

- 15 years of age
- Swim 300 yards continuous using front crawl (using rotary breathing and a stabilizing, propellant kick), and breaststroke (using an effective pull, breathe, effective whip kick, and glide sequence.)
- Tread water for 2 minutes using legs only
- Swim 20 yards, retrieve 10-lb. brick from 10 ft. depth, and tow back to start point with both hands on brick and exit water in 100 seconds

First Aid instruction and CPR/AED for the Lifeguard are included in the course.

RENEWALS:

Renewals will include presentation of new material and changes in procedures. Participants choosing not to take the full, newly updated training will be required to prepare ahead for the written test and the skills prior to coming to the renewal class.

SWIM INSTRUCTOR: (Water Safety Instructor)

This course teaches you how to relate to children from ages six months to adult. You will learn stroke technique and how to teach it effectively. Upon completion of this course, you will be certified to teach any level swim class. American Red Cross materials are used for this course.

Prerequisites

- 16 years of age
- Basic knowledge of swim strokes
- Front & back crawl, side stroke, breast stroke, elementary back stroke, and butterfly stroke

INFORMATION:

IMPORTANT INFO:

- Registration is due at least **ONE WEEK** prior to class start date.
- **NO REFUNDS** for cancellations within 72 hours of course start date. \$50 is non-refundable on all registrations.
- **\$25 LATE FEE** is applied for registrations after due date.
- \$25 fee applies to transfer to different course within 72 hours of course start date.
- Payment in full is due with registration.
- Class sizes are limited. Register as soon as possible.
- Attendance at all classes offered is mandatory.
- Must bring a proof of age to course.

FEES:

Lifeguard Certification Course:
\$200

Swim Instructor (WSI)
Certification Course:
\$225

Lifeguard Renewal Course:
\$60

CPR/AED for the Lifeguard
Renewal Course:
\$60

*Take BOTH renewal trainings on the same day for \$110 (The Wednesday course are considered to be on the same day.)

QUESTIONS? CONTACT:

Lindsey Varnell
Aquatics Coordinator
lvarnell@aberdeenymca.org
605.225.4910 ext. 23

Ashley Elbers
Aquatics Director
aelbers@aberdeenymca.org
605.225.4910 ext. 15



ABERDEEN FAMILY YMCA
2012 AMERICAN RED CROSS
LIFEGUARD/WSI REGISTRATION FORM



Participant's Name: _____ Male Female DOB: _____

Address: _____ City/State/Zip: _____

Home Phone: _____ Cell Phone: _____

E-mail (required): _____

**If participant is under 18 yrs old, please fill out information below:*

Father/Guardian Name: _____ Mother/Guardian Name: _____

Father's Cell/Work Phone: _____ Mother's Cell/Work Phone: _____

Participant's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____
 (if under 18 yrs old)

Signature of Parent/Guardian and Participant on the Aberdeen Family YMCA registration form indicates permission to participate in the program/programs and the authorization to use promotional photos of participants. I release the Aberdeen Family YMCA and its staff members from all claims of any injuries which may be sustained by participants while partaking in any YMCA sponsored activity. If medical attention is required, I give permission for such medical care.

PLEASE CIRCLE ALL OF YOUR COURSE INFORMATION BELOW:

LIFEGUARD COURSE:

March 23-25, 2012

April 13-15, 2012

May 4-6, 2012

May 27-29, 2012

\$200

LIFEGUARD RENEWAL:

Sunday, March 18,
10:00am-12:00pm

Sunday, April 22,
10:00am-12:00pm

Sunday, May 20,
10:00am-12:00pm

Wednesday, May 30,
6:00pm-8:00pm

\$60

CPR-PR/AED RENEWAL:

Sunday, March 18,
12:00pm-2:00pm

Sunday, April 22,
12:00pm-2:00pm

Sunday, May 20,
12:00pm-2:00pm

Wednesday, May 23,
6:00pm-8:00pm

\$60

SWIM INSTRUCTOR (WSI) COURSE:

June 1-3, 2012

\$250

PAYMENT:

THE FULL LG AND WSI COURSES INCLUDE MATERIALS

TOTAL FEES \$ _____

Payment in FULL is REQUIRED upon registration

- Cash
- Check
- Credit Card (online or at YMCA)
- Submitted Online

ONLINE REGISTRATION:

We will be accepting online registration on our website www.aberdeenyumca.org! Once you register you will be required to mail in or submit the registration form through email to:

Aberdeen Family YMCA
 Attn: Aquatics
 5 S State Street
 Aberdeen, SD 57401
OR lvarnell@aberdeenyumca.org

OFFICE USE ONLY:

*****OFFICE USE:*****

Amount Paid: \$ _____
 Date Paid: _____
 YMCA Staff _____

*****AQUATICS USE:*****

Emailed _____
 Received Email _____
 Aquatics Staff _____