



2022 AQUATICS TRAININGS

All Registrations Will Be Done Online @ www.aberdeenymca.org



American
Red Cross

Lifeguard/Blended Learning

DESCRIPTION:

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. This course removes a day from actual in-person training due to the online portion that you will take and complete prior to in-person training dates that are listed below. You will receive the web based information 10-14 days prior to in-person dates listed below.

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.

COURSE DATE

July 23-24, 2022

This course includes online learning and instructor-led sessions for in-class/in-water training. Online learning must be completed prior to in-person training.

Online Training-7 hrs, 25 min

Day 1 8:00am-5:00pm

Day 2 8:00am-5:00pm

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

IMPORTANT INFO:

- Registration is due at least **TWO WEEKS** prior to class start date for blended learning lifeguard courses.
- Registration is due at least **ONE WEEK** prior to class start date for lifeguard review course.
- **NO REFUNDS** for cancellations within 72 hours of course start date. \$100 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.
- Class sizes are limited. Register as soon as possible. **Must Have 6 to run classes.**
- Attendance at all classes offered is mandatory.
- Must bring a proof of age to course.

Questions? Contact: Bruce Kleinsasser
bruce.kleinsasser@avera.org • 605.380-9815



2022 AQUATICS TRAINING



Participant's Name: _____ ☐ Male ☐ Female DOB: _____

Address: _____ City/State/Zip: _____

Home Phone: _____ Cell Phone: _____

E-mail (required): _____

****Please write legible so we can send you the information via e-mail. E-Mail is a Requirement for process****

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

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.

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)

PLEASE MARK THE COURSE YOU PLAN ON ATTENDING BELOW:

BLENDED LEARNING LIFEGUARDING

☐ July 23-24, 2022

\$200

BLENDED LEARNING SWIM INSTRUCTOR (WSI) COURSE:

PAYMENT:

ONLINE REGISTRATION:

OFFICE USE ONLY:

THE FULL COURSES INCLUDE MATERIALS

TOTAL FEES \$ _____

Payment in FULL is REQUIRED upon registration

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

**We STRONGLY encourage you to
register on line at:
www.aberdeenymca.org**

**Or you can copy the form off and send
it in with payment to the following:**

**Aberdeen Family YMCA
Attn: Bruce Kleinsasser
5 S State Street
Aberdeen, SD 57401**

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

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

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

Emailed _____
Received Email _____
Aquatics Staff _____