



# 2024 AQUATICS TRAININGS

All Registrations Will Be Done Online @ [www.aberdeenymca.org](http://www.aberdeenymca.org)



## 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

Successfully complete the two prerequisite swimming skills evaluations:

**Prerequisite 1:** Complete a swim-tread-swim sequence without stopping to rest:

- Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)

Maintain position at the surface of the water for 2 minutes by treading water using only the legs

- Swim 50 yards using the front crawl, breaststroke or a combination of both

**Prerequisite 2:** Complete a timed event within 1 minute, 40 seconds:

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).

- Surface dive (feet-first or head-first) to a depth of 7 – 10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps

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

### COURSE DATE OPTIONS

March 23-24, 2024

April 13-14, 2024

May 04-05, 2024

May 26, 27, 2024

## LIFEGUARDING REVIEW:

### DESCRIPTION:

This abbreviated Lifeguarding course will briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in the review course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years. Same prerequisites as the Blended Learning Lifeguard Cour

### COURSE DATE OPTIONS

May 15, 2025 5:00pm-10:00pm

May 22, 2024 5:00pm-10:00pm

### COST-\$150

All fees are due at the time of registration.

## WATER SAFETY INSTRUCTOR BLENDED LEARNING

### DESCRIPTION:

The purpose of this American Red Cross instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program including Parent and Child Aquatics, Preschool Aquatics, Learn-to Swim, Adult Swim, Private Lessons, Water Safety Courses (including Safety Training for Swim Coaches\*) and Water Safety Presentations. 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.

\*Prior to teaching Safety Training for Swim Coaches, Water Safety Instructors must complete an online orientation to Safety Training for Swim Coaches on Instructor's Corner.

### Prerequisites:

- Be at least 16 years old on or before the last day of the Instructor Course
- Demonstrate the ability to perform the following swimming skills:

1. Swim the following strokes consistent with the Stroke Performance Charts, Level 4:

- ⇒ Front Crawl – 25 yards
- ⇒ Back Crawl – 25 yards
- ⇒ Breaststroke – 25 yards
- ⇒ Elementary Backstroke – 25 yards
- ⇒ Sidestroke – 25 yards
- ⇒ Butterfly – 15 yards

2. Maintain position on back for 1 minute in deep water (floating or sculling) 3. Tread water for 1 minute

### COURSE DATE OPTION May 18-19, 2024

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.

May 18-19 2024

Online Training

7 hrs, 25 min

Day 1

8:00am-8:00pm

Day 2

8:00am-5:00pm

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

### COST-\$275

All fees are due at the time of registration.

## 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.

## BLENDED LEARNING SAFETY TRAINING FOR SWIM COACHES

### DESCRIPTION:

The purpose of the American Red Cross Safety Training for Swim Coaches course is to teach those involved in competitive swimming, including coaches, officials, athletic trainers and aquatic exercise trainers, how to help maintain a safe and comfortable environment for swimmers, prevent accidents and emergencies, and respond to swimmers with illnesses or injuries in water or on land. This program is offered in a blended learning format.

### Prerequisites:

- Must be 15 years old on or before the final scheduled session of the course
- Must be comfortable in chest-deep water

### Learning Objectives

- Understand the guidelines for responsible coaching and professional conduct, and the legal responsibilities of a professional coach.
- Understand the coach's responsibility for providing a safe and positive sport environment, including raising awareness of, and actively working to prevent, abuse in the sport.
- Understand the safety considerations that are paramount in planning athlete training and swim practices in pools, on dry land and in open-water situations.
- Understand the safety rules and guidelines that must be followed when teaching and practicing turns and entries.
- Understand the coach's role in emergency planning and response.
- Learn how to recognize and respond to common first aid emergencies.
- Demonstrate how to perform basic assists to a swimmer in distress.

### COURSE DATE OPTION May 08, 2024

6:00pm-7:00pm

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.

### COST-\$110

All fees are due at the time of registration.

Questions? Contact: **Bruce Kleinsasser**  
[bruce.kleinsasser@avera.org](mailto:bruce.kleinsasser@avera.org) • 605.380-9815



# 2024 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**

- March 23-24, 2024
- April 13-14, 2024
- May 4-5, 2024
- May 26-27, 2024

**\$220**

### **BLENDED LEARNING LIFEGUARD REVIEW**

- May 15, 2024  
5:00pm-10:00pm
- May 22, 2024  
5:00pm-10:00pm

**\$150**

### **BLENDED LEARNING SWIM INSTRUCTOR (WSI) COURSE:**

- May 18-19, 2024

**\$275**

### **BLENDED LEARNING SAFETY TRAINING FOR SWIM COACHES COURSE:**

- May 08, 2024

**\$110**

**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](http://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 \_\_\_\_\_