

American Red Cross Lifeguard Training

Calhoun County YMCA

Cost: \$165.00

The newly updated life guarding program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED, and more.

Prerequisites:

- Must be at least 15 years old
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds
 - Starting in the water, swim 20 yards
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object
 - Surface and swim 20 yards on back with both hands holding object exit the water without using a ladder or steps

To successfully complete the course, participant must complete class assignments and attendance requirements, pass the written exam and a practical water skills test. The lifeguard-training program is designed to train and to prepare individuals for the demanding occupation of a Professional Lifeguard.

Class Schedule

May 7, May 8, & May 9, from 4pm-6pm

May 12 & May 13, from 10am-4pm

**YMCA OF THE GOLDEN CRESCENT
CALHOUN COUNTY BRANCH
713 HWY 35 SOUTH
PORT LAVACA, TX 77979
P 361-551-2562**





American Red Cross Lifeguard Training

NAME _____ DATE OF BIRTH _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

MALE _____ FEMALE _____ AGE _____

EMAIL ADDRESS _____

PARTICIPANT SIGNATURE _____ DATE _____

PARENT SIGNATURE _____ DATE _____

Participation Waiver:

Participant must sign signature block in order to be eligible to participate. The YMCA does not provide accident or medical insurance for program participants. I grant the YCMA and its agent’s permission to transport me in the event of an emergency. I recognize that participation in the YMCA activities may expose me to some risk of injury. I agree to hold the YMCA harmless from any claims for damage to any property or injury to persons which may occur through participation in any activity at the YMCA or in its programs. I have read and understand the above information. By signing this form, I agree to participate in this YMCA program with the above conditions set forth.



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