



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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community,  
diversify your  
future, join us!

# BUILDING AQUATIC LEADERS

## Lifeguard Certification

This Lifeguard Certification program is designed to prepare students to be rescue ready on the pool deck and in the water. The course will work on swimming endurance for rescues while learning about how to keep aquatic environments safe. This program will focus on:

- Enhancing safety skills needed to take action during an aquatic emergency
- Developing knowledge in various aquatic topics
- Increasing knowledge about the role of being a professional lifeguard
- Upon successful completion of this course the participants will have a certification for Lifeguarding, Basic Life Support, Basic First Aid, and Emergency Oxygen Administration.

## Participant Qualification Requirements:

- Must be 16 by last class date
- Currently CPR, First Aid, and Emergency Oxygen Certified
- Successfully pass the physical swimming requirements



### FOR MORE INFORMATION:

A.C. Lewis YMCA

225-924-3606

C.B. Pennington Jr. YMCA

225-272-9622

Dow Westside YMCA

225-687-1123

Paula G. Manship YMCA

225-767-9622

**YUSA Lifeguard V6 Certification**

Participants Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

DOB: \_\_\_\_\_ Home Phone Number \_\_\_\_\_

E-Mail (REQUIRED): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_

All locations: \$200

A.C. Lewis YMCA	C.B. Pennington, Jr. YMCA	Dow Westside YMCA	Paula G. Manship YMCA
<input type="checkbox"/> March 20th—23rd	<input type="checkbox"/> April 13th—16th	<input type="checkbox"/> April 24th—May 3rd	<input type="checkbox"/> May 26th—29th
<input type="checkbox"/> April 24th—27th	<input type="checkbox"/> June 1st—4th	<input type="checkbox"/> May 18th—23rd	<input type="checkbox"/> November 23rd—25th
<input type="checkbox"/> May 15th—18th	<input type="checkbox"/> December 21st—23rd	<input type="checkbox"/> May 26th—30th	
<input type="checkbox"/> June 12th—15th			
<input type="checkbox"/> September 18th—21st			

The YMCA of the Capital Area does not provide accident or medical insurance for program participants. I recognize that participation in YMCA sponsored activities may expose myself or my child to risk of injury. I agree to hold the YMCA harmless from any claims, which may occur through participation in any activity at the YMCA or in its programs. In cases of emergency or accident to myself and/or to my child and I am unable to respond or be contacted, I hereby grant the YMCA director or his/her agent to secure proper medical treatment and transportation for myself and/or my child to an appropriate facility for treatment. As a YMCA participant, I authorize the YMCA to use any images taken of myself and/or my child for promotional purposes of the YMCA. I have read and understand the above information and therefore grant myself and/or my child permission to participate in this YMCA Program in accordance with the conditions set forth above.

Signature of Participant/Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_