



Last Chance Before Summer!

BE A

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LIFEGUARD

**American Red Cross Blended Learning
Pool Lifeguarding & Waterfront Certification**

Class Schedule

May 6 — June 3
Sundays 8am — Noon
Tuesdays or Thursdays 6 — 10pm
Class Dates: May 6, 8, 10, 15, 17,
20, 22, 24, 31, 2018
June 3, 2018

Pricing

\$175 Y Members
\$210 Community



**Registration Deadline:
Thursday, April 26, 2018**

*Registration Fee includes Professional CPR/
AED & First Aid, Lifeguard Manual &
Resuscitation Mask

*See prerequisites for this course & registration form on other side.

THE YMCA OF KLAMATH FALLS

541.884.4149

1221 S Alameda Ave Klamath Falls OR 97603

www.kfallsymca.org

*Prerequisites for American Red Cross Waterfront Lifeguarding Class

- 550 yard swim—Front Crawl & Breaststroke
- Two (2) minutes treading water (Legs only)
- Swim 20 yards; surface dive 7-10 feet; retrieve a 10-pound brick, surface swim 20 yards on back, both hands on brick and face out of water, exit water without using ladder or steps within 1 minute 40 seconds.
- Submerge swim underwater in 4-7 foot depth, picking up 3 dive rings placed 5 yards apart. Continue to swim another 5 yards. Surface.

PLEASE NOTE: In addition to the YMCA Lifeguard Training fee, students are required to pay \$35 to the American Red Cross for the online portion of the Blended Learning course.

After passing the class if hired by the Y and working 3 Months you will receive a \$70.00 reimbursement

The YMCA of Klamath Falls Lifeguard Training Class Registration

(Registrant must be at least 15 years of age.)

Name _____ Date of Birth _____ M ___ F ___

E-mail address

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Mailing Address _____ Zip _____

Home Phone _____ Cell/Work Phone _____

If minor, Parent Name _____ Phone _____

Emergency Contact _____ Phone _____

YMCA Member: Yes _____ No _____

PARTICIPANT RELEASE:

As a participant in The YMCA of Klamath Falls American Red Cross Lifeguard Training Course, I understand that this event involves physical exertion and I hereby assume all risks of injury normally inherent to this activity. I also authorize The Y to obtain medical treatment for myself or (if participant is a minor) my child in the event of emergency.

Participant's Signature

Date

Parent/Guardian Signature if participant is a minor.

Date