



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD DEVELOPMENT REGISTRATION FORM

Class Choice: (Please Circle) Wednesday Saturday	Session: Spring 1 2020	
Youth Membership Fee: \$135 Non-Member Fee: \$205	With Lifeguard Course Member \$450 Non-Member \$520	
Will you be taking your American Red Cross Lifeguarding course with us: Yes____ No____ Which Month: _____		
STUDENT INFORMATION		
Student's first name:	Student's last name:	
Student's gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other:	Student's birth date (mm/dd/yyyy):	
Name of parent/caregiver (if applicable):	Y Member? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Home address (city, state, zip code):	Phone:	Email:
Emergency contact:	Emergency phone:	

Please read and initial the following permissions:

____ I understand a parent or guardian 18 or older must accompany each swimmer and stay in the building for the entire lesson.

____ I understand that all group classes must have a minimum of 2 participants or are subject to be cancelled, and participants will be asked to move to a different class time.

____ In the event I, or my emergency contacts are not able to communicate or cannot be reached in an emergency, I hereby give permission to the medical personnel selected by the YMCA to properly treat the participant. I will be fully responsible for any costs of such treatment, even if not covered by insurance.

____ The named participant is physically sound, having medical approval to participate in the activities of the YMCA. This information is correct as far as I know, and the person here is described has permission to engage in all prescribed program activities except as noted.

____ In consideration of the named participant's participation in the activities of the Rockland County YMCA, I hereby agree to hold free from any and all liability the YMCA and its respective officers, employees and members. I do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which hereinafter accrue to me arising out of or connected with the named participant's participation in any of the activities of the YMCA.

____ Yes, I give permission for the Y to use my child's photograph for public relations and/or marketing purposes.

I have read and will abide by the above stated policies and my signature confirms my acceptance.

As a leading nonprofit improving the nation's health, the Y supports all individuals in achieving their health goals. The Y is always striving to learn more about program improvement. To that end, we are requesting your permission to collect enrollment and assessment data.

I authorize and acknowledge that I have read, understand, and agree to the above.

Student

Date

Parent/caregiver signature

Date



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Lifeguard Development

Interested in a great job or a career as a lifeguard?

This program encourages leadership development in the area of aquatic safety with the goal to prepare and motivate participants to become lifeguards through a separate certification course. It provides practice and tips for successful completion of the American Red Cross Lifeguarding prerequisites as well as an introduction into the water safety skills developed in the lifeguard certification course.

The skills developed are as follows:

- Prevent emergencies
- Recognize emergencies
- Activate the emergency action plan (EAP)
- Make appropriate rescue
- Provide care
- Fill out reports
- Demonstrate swimming ability

Swim 300 yards continuously:

Candidates must swim using the front crawl and breaststroke.

Tread water for 2 minutes:

Only using legs-- arms not allowed.

Complete a timed event within 1 minute. 40 seconds:

Swim the length of the pool, surface dive to the bottom of the pool and retrieve a 10-pound brick. With the brick, swim back on your back to the starting point with both hands holding the brick and keeping the face at or near the surface. Exit the water without using a ladder or steps.

Sessions are 6 weeks student comes 1 day a week:

Wednesdays	Saturdays
5:15 pm - 6:00 pm	10:00 am - 10:45 am
March 4th	March 7th
March 11th	March 14th
March 18th	March 21st
March 25 th	March 28th
April 1st	April 4th
April 8th	April 11th

Fee: Member \$135 Non-Member \$205

Sign up for Lifeguard Development and a lifeguard course at the same time

Fee: Member \$450 (Save \$35) Non-Member \$520 (Save \$35)

For more information contact:

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WWW.ROCKLANDYMCA.ORG

