

Algonay

We Build Strong Kids, Strong Families, Strong Communities

American Red Cross Lifeguarding



WHO:

All Lifeguard Candidates must be 15 years of age by the last day of class and be able to pass the pre-requisites.

WHEN:

Pretest: Friday, April 9th 5-6pm

Class: Friday, April 9th 6-10pm Saturday, April 10th 8am to 9pm, Sunday, April 11st - 8am to 7pm, Sunday

Pre-Requisites:

1. Swim 300 yards using these strokes in the following order.

- 100 yards of the front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either to the front or the side.
- 100 yards of breaststroke
- 100 yards of either breaststroke or front crawl using rhythmic breathing.

2. Swim 20 yards using the front crawl or breaststroke, surface dive to a depth of 7-9 feet, retrieve a 10-pound brick, return to the surface and swim 20 yards with the brick in both hands

FEE: Members - \$130.00
Non-Members - \$160.00

ALGONA FAMILY YMCA
2101 E McGregor St Algona, IA 50511
515-295-7701 · www.algonaymca.org

PLEASE RETURN THIS PORTION WITH PAYMENT TO THE ALGONA FAMILY YMCA

2010 Lifeguarding

NAME _____ AGE _____ BIRTHDATE _____

PARENT'S NAME _____ PHONE NUMBER _____

ADDRESS _____ CITY, STATE, ZIP _____

MEMBER

NON-MEMBER

FULL PAYMENT MEMBERS-\$130 NON-MEMBERS-\$160

WAIVER: I DO ACKNOWLEDGE THE RISK OF INJURY IS POSSIBLE WHILE PARTICIPATING IN THIS PROGRAM. I AGREE TO WAIVE ALL CLAIMS AGAINST THE YMCA, STAFF, VOLUNTEERS, COACHES AND SPONSORS OF THIS PROGRAM. I GIVE PERMISSION FOR THE YMCA TO USE PHOTOS, VIDEO FOOTAGE OR TAPE RECORDINGS THAT INCLUDE MY CHILD FOR THE PURPOSE OF YMCA PROMOTIONS

PARENT/GUARDIAN SIGNATURE _____ DATE _____



OFFICE USE: AMOUNT PAID _____ DATE PAID _____ STAFF INT. _____ CASH _____ CHECK# _____ CREDIT/DEBIT _____