

**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, March 19<sup>th</sup> 5-6pm

**Class:** Friday, March 19<sup>th</sup> 6-10pm Saturday, March 20<sup>th</sup> 8am to 9pm, Sunday, March 21<sup>st</sup> - 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 \_\_\_\_\_