



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

READY TO RESCUE

American Red Cross Lifeguarding Class

Stowe Family YMCA 2019 Lifeguarding is an important lifesaving skill in every community. Complete a lifeguarding course available this at the Stowe YMCA with possible employment opportunities upon completion.

Prerequisites —

Mandatory swim test includes—300 yard swim (front crawl and breast stroke), jump in and swim 20 yards to retrieve and return a 10 lbs. brick, tread water with feet only for 2 minutes.

Attendance mandatory at all session dates and 15 years old by the date of the last class.

These are blended learning classes. There is on-line work to be completed before the first in-person class session.

Jan 17/18 9:00-5:00

March 7/8 9:00-5:00

April 22, 23, 24 1:00-5:00

June 6/7 9:00-5:00

Aug 21/22 9:00-5:00

Fees:

Y Members: \$187 Program Participants: \$242

STOWE FAMILY YMCA

Jeff Pesesky jpesesky@gastonymca.org

196 YMCA Drive

Belmont, NC 28012

704.822.9622



American Red Cross Lifeguarding Class

Name: _____ Birthday: _____ Age: _____

Address: _____ Email: _____

Medical Concerns: _____

Allergies: _____

Best Contact Number: _____

Emergency Contacts:

Name: _____ Phone: _____

Name: _____ Phone: _____

- Prerequisite swim test will be taken on first day of class .
- Successful completion of class will result in the following certifications—lifeguarding, CPR/AED for the Professional Rescuer, and First Aid all valid for two years.
- Limited Space per class. Register early to reserve your space either online or at the Y.
- There is online work to be completed before the first in-person class session.

Waiver

My child has permission in all activities unless otherwise specified in writing.

I understand that the Gaston County Family YMCA assumes no responsibility for injuries or illness my child may receive as a result of his/her participation in day camps, programs, athletic activities, sports programs, the use of any equipment, exercise or other activities. I expressly acknowledge that I assume the risk for any and all injuries and all illnesses which may result from his/her participation in these activities. In consideration of the privilege of participating at the YMCA, I hereby voluntarily release and discharge the Gaston County Family YMCA, its agents, servants, and employees from any claims for injury, illness, death, and / or loss of damage which my child may suffer as a result of his/her participation in these activities.

A parent/guardian must discuss with the YMCA Director any special conditions or circumstances involving their child. This information must be complete prior to registration. I agree to have my child examined within a reasonable time period prior to selected program by the family physician stating he/she is free from communicable disease and has not been exposed to such. I hereby give my permission to the medical personnel selected by the YMCA Director to order X-rays, routine tests, treatment; to release any records necessary for insurance purposes; and to provide or arrange necessary related transportation for my child. In the event that I cannot be reached in emergency, I hereby give permission to the physician selected by the YMCA Director to secure and administer treatment, including hospitalization for my child.

I understand that no accident or medical insurance is provided with any activity while my child is at the Y.

I give permission to the Gaston County Family YMCA, without limitation or obligation for photographs, film footage, or tape recordings which may include my child's image or voice for purposes of promoting or interpreting YMCA programs and release the YMCA from any claim of liability to that use. I give my consent for my child to leave the YMCA site, to participate in authorized YMCA trips and to ride in authorized vehicles for the purpose of transportation in connection with the YMCA program. I have read and agreed to all of the policies set forth by the Gaston County Family YMCA Aquatics Programs.

Signature _____ Date _____

Print name _____