



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BECOME LIFEGUARD CERTIFIED



## Lifeguard Certification Training MAGIC VALLEY YMCA

- Must attend all classes to be eligible for certification.  
January 19, 20, 26 & 27, 2019  
8:00 am - 4:00 pm each day
- Must be 15 years old by the start of the class.
- This is a Red Cross lifeguarding class. Swimming prerequisites are:
  1. A 300 yard continuous swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed.
  2. Students must demonstrate the ability to tread water for 2 minutes without using their hands.
  3. Students will have 100 seconds to swim 20 yards, surface dive to a depth of 7-10 feet to retrieve a 10 pound object, return to the surface and swim 20 yards back to the starting point holding the object and keeping the face at or near the surface so they are able to get a breath (swimming the distance underwater is not allowed). Exit the water without using a ladder or steps.
- Class Enrollment: a minimum of 5 students with a maximum of 10 students.
- Class will be held at the Magic Valley YMCA, 1751 Elizabeth Blvd., Twin Falls, ID).
- Things to bring to class each day: course material, swim suit, towel, soap, shampoo, lock, snacks/drinks, money for lunches, glasses or contact case/solution and a writing utensil. Course manual and mask will be provided at the beginning of the course.
- Cost: \$250.00 (if planning on working for the YMCA the cost will be free but the YMCA will hold your certification until you have worked 200 hours at the YMCA).

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**LIFEGUARD CLASS REGISTRATION FORM**

Name \_\_\_\_\_  Female  Male

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

**FOR OFFICE USE ONLY**

Check # \_\_\_\_\_ \$ \_\_\_\_\_ / Cash \$ \_\_\_\_\_ / CC \$ \_\_\_\_\_ / Receipt # \_\_\_\_\_

Date Paid: \_\_\_/\_\_\_/\_\_\_ Staff Initials: \_\_\_ Y Member  Yes  No Staff Signature \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_