

Texas County Family YMCA
1602 N Oklahoma
Guymon, OK 73942
580.468.9622



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADDITIONAL INFORMATION

NEW CERTIFICATION:

- MUST COMPLETE PREREQUISITE SWIM TEST
- MUST ATTEND ALL 3 DAYS

RECERTIFICATION:

- MUST ATTEND DAY 2 AND DAY 3

CPR/AED & FIRST AID

- ONLY REQUIRED TO ATTEND DAY 3

PREREQUISITE SWIM TEST

- 300 YARD SWIM (12 LENGTHS / 6 LAPS) NON-STOP BREASTSTROKE AND FRONT CRAWL
- 20 YARD SWIM—RETRIEVE 10 LB. BRICK SUBMERGED IN DEEP WATER, SWIM BACK WITH THE BRICK
- 2 MINUTES TREADING WATER WITHOUT USING HANDS

****PREREQUISITES MUST BE SUCCESSFULLY COMPLETED IN ORDER TO REMAIN REGISTERED FOR THE CLASS.

BE A LEADER! BE A LIFEGUARD!

Lifeguard Certification
Recertification
CPR/AED & First Aid
Texas County Family YMCA

REGISTER
NOW BEFORE
CLASS FILLS!



Lifeguard classes are designed to give participants the skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course offers up-to-date information on how to guard, anticipate, and prevent problems, as well as how to take action to help those in need. Class costs cover for Lifeguard, First Aid, CPR, and AED certifications. Participants must pass the swim test on the first day of class to remain enrolled.

AGES: 15+

PRICES: New Certification: \$250 Recertification: \$180 CPR/AED & First Aid: \$60

Session 1: Dec 28th-30th

Day 1: Dec 28th 6-7pm
New Certification:
Pre-Requisite Swim Test

Day 2: Dec 29th 9AM-3PM
New Certification &
Re-Cert

Day 3: Dec 30th 9AM-3PM CPR/AED
& First Aid

New Certification

Re-Certification

CPR/AED & First Aid

Session 2: Apr 5th-7th

Day 1: Apr 5th 6-7pm
New Certification:
Pre-Requisite Swim Test

Day 2: Apr 6th 9AM-3PM
New Certification &
Re-Cert

Day 3: Apr 7th 9AM-3PM CPR/AED &
First Aid

New Certification

Re-Certification

CPR/AED & First Aid

FOR MORE INFORMATION:

Audrey Marshall
Program Director
P: 580.468.9622
E: tcfyprograms@gmail.com

Registration Form:

Name _____

Birth Date: ____ / ____ / ____ Age: ____

Address _____

City _____ State ____ Zip _____

Phone _____

Email _____

(Email is required for Digital Certificates)

Participant Waiver: Please read before signing!

In consideration of your accepting my participation in the Lifeguard Certification Course program, I hereby, do waive and release any and all rights and claims for damages I may have against the Y or its representatives and officials, for any and all injury, disability, death, or loss or damage to personal property, suffered by myself or any member of my family, going to, coming from, or while at any Y sponsored Lifeguarding Course for ordinary negligence. I recognize that Lifeguarding is a physical activity that has some very significant inherent risks to the participants. Lifeguarding is performed in open water and on hard and sometimes slippery surfaces with equipment that can cause injury whether used properly or improperly, and against other individuals whose actions cannot always be controlled or predicted. I recognize that possible injuries associated with Lifeguarding include, but are not limited to: drowning, strained muscles, concussions, bloody noses, etc. Even though I, as a participant, and at my own discretion and prerogative, may be wearing protective equipment. I hereby certify with my signature below that I have read this waiver and acknowledge that there are significant risks involved in the Lifeguard Class. I hereby assume all such risks, both known and unknown.

Signature

____ / ____ / ____
Date

Parent/Guardian Signature
(If under the age of 18)

____ / ____ / ____
Date

OFFICE USE ONLY:

___ Registered in Daxco

Staff Name _____

___ Fee Paid

Program Director _____