



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



LEARNING THE ROPES

2019 Aquatics Training Schedule

Y Lifeguard – V6 Edition
\$190 course value.
Must put down \$25 at the time of registration. Balance is waived after successful completion of the course and job offer accepted. Guard pack and whistle provided!
8.5hrs of E-Learning & 29.5hrs of Pool/Classroom Learning

S1 – March 9 – 12 (Hutto)
Prerequisite Swim – 400yds total – March 15 (5:30-7:30pm at Chasco)
S2 – March 15 – 19 (Chasco)
S3 – March 21 – 24 (Twin Lakes)
S4 – March 30-31 & April 6-7 (Rockdale)
S5 – April 17 – 21 (Hutto)
S6 – May 11-12 & 18-19 (Rockdale)
S7 – May 22 – 26 (Taylor)
S8 – May 28 – 31 (Chasco)
Check Back for possible June Dates

YMCA Swim Instructor – V6 Edition
\$188 course value.
Must have current CPR certification. Fee is waived after successful completion of the course and job offer accepted.
5hrs of E-Learning & 14hrs of Pool/Classroom Learning

S1 – March 12 – 14 (Twin Lakes)

S2 – March 13 – 15 (Hutto - 8a-5p)
Check Back for possible June Dates

Gain the knowledge, apply the skills and earn the certifications necessary for a summer job as a Lifeguard and/or Swim Instructor

- In order to participate in these trainings, candidates must be 16 years of age by the last day of class.
- Candidates should bring a swim suit (no bikinis), towel, pen and picture ID (proof of age) to lifeguard & instructor classes.
- Candidates will need access to the internet and a printer for the E-Learning components of these training courses.
- \$25 registration fee due at time of registration. 100% attendance as well as participation are required to pass each course.

AQUATICS TRAINING REGISTRATION FORM

CANDIDATE NAME: _____ GENDER: _____ AGE: _____

ADDRESS: _____

D.O.B.: _____ CITY: _____ STATE / ZIP: _____

CELL PHONE: _____ E-MAIL: _____

PARENT/GUARDIAN NAME: _____ PHONE: _____

Upon successful completion of training, will candidate be applying for a job with the Y (Circle One): **Yes** **No**

MEDICAL CONCERNS (please list any special conditions or limitation your child may have as well as any food, medicine or plant allergies, previous or existing illness, medications, hospitalizations, or medical requirements within the past 12 months):

TRAININGS	SESSION NUMBER
Y Lifeguard Training – must attend Prerequisite Swim for either session	
YMCA Swim Instructor – must complete Prerequisites & CPR Skill test before registration is allowed.	

LG Reg Codes

- S1 19AQ 03-S1-YGUARD S5 19AQ 03-S5-YGUARD
- S2 19AQ 04 LIFEGUAR3 S6 19AQ 03-S6-YGUARD
- S3 19AQ 04 LIFEGUAR4 S7 19AQ 03-S7-YGUARD
- S4 19AQ 03-S4-YGUARD S8 19AQ 02-S8-YGUARD

SI Reg Codes

- S1 19AQ 04 SI TRAIN2 S2 19AQ 03-02-YSWIM

Y STAFF ONLY

Amt. Paid: _____

Staff Initials: _____

AQUATICS TRAININGS

Candidate Information

LIFEGUARD TRAINING PREREQUISITES

- 16 years of age by the last day of class.
- Parent / Guardian must sign waiver at time of registration for candidates who are under 18 years of age.
- Tread water for 2 minutes (legs only).
- Swim 100 yards of Front Crawl.
- Swim 50 yards of each of the following:
Head-up Front Crawl, Head-up Breaststroke, Sidestroke, Breaststroke and Elementary Backstroke Kick with hands on chest.
- Feet-first Surface Dive and then swim 15 feet underwater.
- Sprint 60 feet, perform Surface Dive and pick up a dive ring, tread water for 1 minute with legs only, get out of pool, give 100 compressions on an adult manikin, climb on to a lifeguard stand and perform a pool scanning exercise.

INSTRUCTOR TRAINING PREREQUISITES

- 16 years of age by the last day of class.
- Parent / Guardian must sign waiver at time of registration for candidates who are under 18 years of age.
- Complete eLearning's to register for class:
 - Principals of Youth Development
 - YMCA Swim Lessons Instructor v6: Orientation \$10
 - YMCA Swim Lessons Instructor v6: Observe and Communicate \$10
- Current w/ CPR Pro, First Aid, AED & Oxygen Admin. to register for class
- Proficient swimming ability in 4 out of the 6 strokes that will be tested on the first day of class: Breaststroke, Front Crawl, Back Crawl, Elementary Backstroke, Butterfly and Sidestroke.
- Tread water for 2 minutes.

Please **INITIAL** or **ANSWER** all lines to indicate received written policies / materials and agree to terms with **SIGNATURE** below.

----- **ADA Policy (REQUIRED):** Parents have the obligation to disclose significant, medical, physical or behavioral issues at the time of the child's enrollment and on an ongoing basis. Due to the large group format of our program, we are unable to provide one-on-one care for any child except on an intermittent basis, such as injuries, immediate disciplinary issues and certain personal care needs customarily provided to other children.

----- **Waiver for Medical Treatment (REQUIRED):** In the event that I and/or my child requires emergency medical treatment and I cannot be reached, I hereby authorize the Y staff to make arrangements to transport myself and/or my child to the physician, hospital or clinic that I have designated or the nearest hospital / emergency medical facility. I give my consent for any and all necessary medical care treatment for myself and/or my child during this time.

----- **Waiver for Participation (REQUIRED):** I understand that Y activities have inherent risks and hereby assume all risks and hazards as a result of my and/or my child's participation in all Y programs and facilities, including transportation to and from said activities. I further release, absolve, indemnify and agree to hold harmless, the Y, the organizers, supervisors, directors, staff, volunteers, participants, coaches, referees, as well as persons or parents transporting participants to or from such activities from any claims or injury sustained during my use of Y facilities or participation in any Y activity, whether located on Y property or not.

----- **Waiver for Photo / Video / Audio Release (OPTIONAL):** I give my consent for any photos, video and/or audio taken of myself and/or my child involved in Y programs to be used for Y promotions, trainings and/or displays.

----- **Change / Cancellation / Refund Policy (REQUIRED):** Due to high numbers, this class is nonrefundable. If candidates do not pass the prerequisite portion of the course, they will be refunded all but \$25 of the total fee. Once the prerequisite is passed, there will be no refund for the course.

----- **Additional Notes (REQUIRED):** I and/or my child have read and understand the course prerequisites for the class I and/or my child are registering for and currently or will meet all age as well as certification requirements by the first day of class. Financial Assistance is available for those who qualify. For more information, please contact your branch of the YMCA at the number listed below.

Candidate Signature: _____ Date: _____

Parent / Guardian Signature (if under 18): _____ Date: _____

CHASCO FAMILY YMCA
1812 N. Mays St., Round Rock, TX 78664
P 512 246 9622 ymcagwc.org

TWIN LAKES FAMILY YMCA
204 East Little Elm Trail, Cedar Park, TX 78613
P 512 250 9622 ymcagwc.org

HUTTO FAMILY YMCA
200 Alliance Blvd, Hutto, TX 78634
P 512 846 2360 ymcagwc.org