



# Owen County Family YMCA

## Lifeguard Certification Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Email: \_\_\_\_\_

Registration Fee: **\$200** (\$50 due at sign-up, remainder due first day of class.)

In consideration of my participation in the activities of the Owen County Family YMCA, I do hereby agree to hold free from any and all liability the YMCA and its respective officers, employees, and members and do hereby for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me arising out of or connected with my participation in any of the activities of the YMCA. I also agree that before I use any equipment at the YMCA, it is my responsibility to learn the proper use of the equipment and facilities from the YMCA staff. I understand my privilege to use the YMCA equipment may be withdrawn if, in the sole judgment of the YMCA staff, my use of the equipment or facilities shall be deemed unsafe or in violation of the rules of use. I also agree that as a member or participant, I bear the sole risk of injury resulting from the use of any equipment, the facilities, and class participation. I hereby do declare myself to be physically sound, having medical approval to participate in the activities of the Owen County Family YMCA.

My signature states that I have read and understand this liability release.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Prerequisites

- Must be 15 years old on or before the final schedule session of this course. Photo ID and proof of birthdate required.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Swim goggles may be used.
- Tread water for 2 minutes using only legs. Candidates should place their hands under the armpits.
- Surface dive, feet or head first, to a depth of 7 to 10 feet and retrieve a 10 pound object.
- **Refunds will be given to those not able to complete prerequisites.**

### Course Schedule

Friday, March 11<sup>th</sup> 6:00pm - Evaluations  
Sunday, March 13<sup>th</sup> 1:00pm - TDB  
Monday, March 14<sup>th</sup> 6:00-9:00pm  
Tuesday, March 15<sup>th</sup> 6:00-9:00pm

Wednesday, March 16<sup>th</sup> 6:00-9:00pm  
Thursday, March 17<sup>th</sup> 6:00-9:00pm  
Friday, March 18<sup>th</sup> 6:00-9:00pm  
Sunday, March 20<sup>th</sup> 1:00 to - TBD