LEARNING THE ROPES
2019 Aquatics Training Schedule

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):

<table>
<thead>
<tr>
<th>TRAININGS</th>
<th>SESSION NUMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Y Lifeguard Training</td>
<td>S1 19AQ 03-S1-YGUARD</td>
</tr>
<tr>
<td></td>
<td>S5 19AQ 03-55-YGUARD</td>
</tr>
<tr>
<td>YMCA Swim Instructor</td>
<td>S2 19AQ 04 LIFEGUARD</td>
</tr>
<tr>
<td></td>
<td>S6 19AQ 03-56-YGUARD</td>
</tr>
<tr>
<td></td>
<td>S3 19AQ 04 LIFEGUARD</td>
</tr>
<tr>
<td></td>
<td>S7 19AQ 03-57-YGUARD</td>
</tr>
<tr>
<td></td>
<td>S4 19AQ 03-54-YGUARD</td>
</tr>
<tr>
<td></td>
<td>S8 19AQ 02-58-YGUARD</td>
</tr>
</tbody>
</table>

Y STAFF ONLY

Amt. Paid: ___________________________ Staff Initials: ___________
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:
  - 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.

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**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 Aliance Blvd, Hutto, TX 78634
P 512 846 2360  ymcagwc.org