

## MarAmerican Red Cross Lifeguard Courses at the Chapel Hill-Carrboro Y

<b>Course 1</b>	<b>Times</b>	<b>*Location</b>
Tuesday, March 20	8:00 pm – 9:00 pm	CHCY - Pre-test
Wed., March 21	6:30 pm – 10:00 pm	CHCY (water time 8:30-10 p)
Thurs., March 22	6:30 pm – 10:00 pm	CHCY (water time 8:30-10 p)
Friday, March 23	1:00 pm – 10:00 pm	CHCY (teacher work day)
Saturday, March 24	9:00 am – 3:00 pm & 5:00 pm – 9:00 pm	Y at Meadowmont CHCY-water time
Sunday, March 25	9:00 am – 1:00 pm	CHCY-FINAL testing WATER

<b>Course 2</b>		
Monday, April 9	8:00 pm – 9:00 pm	CHCY - Pre-test
Tuesday, April 10	6:30 pm – 10:00 pm	CHCY (water time 8:30-10 p)
Wed., April 11	6:30 pm – 10:00 pm	CHCY (water time 8:30-10 p)
Thurs., April 12	6:30 pm – 10:00 pm	CHCY (water time 8:30-10 p)
Friday, April 13	6:30 pm – 10:00 pm	CHCY (water time 8:30-10 p)
Saturday, April 14	9:00 am – 3:00 pm & 5:00 pm – 9:00 pm	Y at Meadowmont CHCY-water
Sunday, April 15	9:00 am – 1:00 pm	CHCY-FINAL testing WATER

**Cost:** \$250 includes text book, fanny pack, whistle, pocket mask & gloves, certification and instructor fees

**Registration Opens:** February 21 for members and non members

### **Important Notes:**

- You MUST read the pdf attached to understand the full scope and intensity of the course.
- Be ready to swim, bring extra clothing for warmth, food, water for hydration, paper, pencil, highlighters
- Be sure you understand that you must study and practice the skills during any down time.
- Be sure you understand that if you do not perform the skills to standard you will not receive a certification and you will not receive a refund for the course. You may register for another course (if offered at the Y at a discounted price, to be discussed with Nicki Smith, [nsmith@chcymca.org](mailto:nsmith@chcymca.org))
- See the *Saturday classes are between two locations* so you will need to be able to travel from one location to the other as the Y will not transport participants.
- Must attend all classes/times. Not having a 100% attendance rate may result in failure of the class (no refund.)

### **Prerequisites**

1. Must be 15 years old on or before the final scheduled session of this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds. **Swim goggles are not allowed.**
  - ☒ Starting in the water, swim 20 yards. The face may be in or out of the water.
  - ☒ Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - ☒ Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

**\*\*If unable to pass the pretest** you will not be able to continue the course. Only a **partial refund** (\$200) will be given to those who fail the pretest

**Locations:** CHCY, 980 MLK Jr. Blvd, Chapel Hill, NC – Tel. 919-442-9622  
Y at Meadowmont, 301 Old Barn Lane, Chapel Hill, NC – Tel. 919-945-0640

Registration and Signature Page  
American Red Cross Lifeguard Certification Course offered by the Y

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

Age: \_\_\_\_\_

Preferred Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Participant Email Address: \_\_\_\_\_

Emergency Contact Name and Phone Number:  
\_\_\_\_\_

Check Course Registered for: \_\_\_\_\_ Course ONE \_\_\_\_\_ Course TWO

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I have read and understood the pre-requisite requirements in addition to the scope and intensity of the course.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_