

SAVE LIVES! BECOME A LIFEGUARD

**NEW! The Dr. P. Phillips YMCA Training Center.
Serve your community, protect lives and earn money
by becoming a Lifeguard
for the YMCA of Central Florida.**



February Class: Feb 20-22, 6pm-10pm & Feb 25-26, 9am-5pm

March Class: March 20-24 9am-5pm

Price: 200 Members

250 Non-Members

Participants must be able to:

- Tread water for at least 2 minutes
 - Swim 100 yards of front crawl
 - Swim 50 yards each of front crawl with head up, sidestroke, breaststroke, breaststroke with head up, inverted breaststroke kick with hands on stomach
 - Perform a feet-first surface dive in 8 to 10 feet of water and then swim underwater for 15 feet
- Perform a series of tasks given by the instructor to demonstrate listening and scanning ability as well as stamina and endurance.

Candidates will learn valuable, lifelong skills in First Aid and Basic Life Support. Make bonds and lasting friendships with a job within the YMCA of Central Florida.



DPY SAFETY TRAINING CENTER

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REGISTRATION FORM

Participant name:

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Email address:

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Phone number:

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Emergency Contact Number:

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YMCA Lifeguard Training Feb 20-26th <https://lcdc.yexchange.org/s/c05u58z>

Members 200 Non-Members 250

YMCA Lifeguard Training Mar 20-24 <https://lcdc.yexchange.org/s/c05u58z>

Members 200 Non-Members 250

Waiver

I understand that the YMCA of Central Florida assumes no responsibility for injuries or illness which the participant may sustain as a result of his/her physical condition or resulting from his/her athletic activities, the aquatic program, the use on any equipment, exercise, or other activities. I expressly acknowledge on behalf of myself that I assume the risk for any and all injuries and illnesses, which may result from my child's participation in these activities. I hereby release and discharge the YMCA of Central Florida, its agents, servant and employees from any and all claims for injury, illness, death and loss or damage which the participant may suffer as a result of his/her participation in these activities. I understand that the YMCA of Central Florida is not responsible for personal property lost or stolen while a member and/or program participant on Central Florida premises. I give my permission to the Central Florida YMCA to use, without limitation of obligation, photographs, film footage, or tape recordings, which may include a family's image or voice for the purpose of promoting or interpreting YMCA of Central Florida programs. **All registrations are final. Full refund will be given before the start of the first class, and no refunds will be given after the second class. A 75% refund less a \$10 fee may be given before the start of the second class.** We will make every attempt to make up weather related lesson cancellations as needed. Classes cancelled by the Y due to instructor illness will be rescheduled. Participant absences will not result in a refund, no makeups will be offered. **Weather cancellations will not result in refund.**

Signature: _____

Date: _____

Would you like to help support the Scholarship Fund with a donation? YES NO

----- FOR OFFICE USE ONLY -----

Amount paid: _____

Scholarship Amount: _____

Date: ___/___/___

Cash: _____ Credit _____

Check #: _____

Staff Initials: _____

Source Code: _____

Member #: _____