

Prerequisites

- Access to a computer (this course includes mandatory online training)
- Have a valid email address
- Complete medical clearance recommended
- Minimum age of 16 by the last class. If under 18, parental consent to take course is required.
- **Pass the following swim test: Swim 100 yard warm-up, treading water for two minutes with legs only. Then swimming 50 yards of each of the following strokes; head up crawl, sidestroke, head up breaststroke, breaststroke and elementary back (not using arms, total 250) after which you will perform a head first surface dive and swim 15 yards underwater. The final section is feet first entry into shallow water and swim/sprint 60 feet, do a surface dive, picking up a dive ring returning to the surface and treading water without hands for at least one minute, replace the dive ring and swim to the end of the pool, hoist yourself out of the water and immediately demonstrate one minute of compression on a manikin. The final skill is climb into an elevated stand and complete instructions from your Trainer.**

Must be able to accomplish these tasks:

- Remain alert, with no lapses in consciousness
- Sit for extended periods, including in an elevated chair
- Move to various locations
- Communicate verbally; project voice across distances
- Hear noises and distress signals
- Observe all areas of aquatic environment
- Perform all needed rescues and survival skills
- Think, solve problems, make decisions, instruct, evaluate, supervise and remember.
- Possess the skills to operate alone as a lifeguard, with or without other lifeguard support.

Job Opportunity

The Wapakoneta YMCA is looking for responsible, enthusiastic and hard-working individuals to fill year-round lifeguard positions. Opportunities for teaching swim lessons and a complimentary YMCA membership are available to lifeguards willing to work a minimum number of hours each week, including weekend hours.

Contact Information

Wapakoneta Family YMCA
419-739-9622

Vickie Schaub, Instructor
419-295-6469

Jerry Pitchford, Instructor
419-738-3688



YMCA Lifeguarding Certification

Safety

Vigilance

Responsibility

Wapakoneta Family YMCA
1100 Defiance Street
Wapakoneta, OH 45895
419-739-9622
www.wapakymca.org

Class Description

This course combines classroom work, pool time and online e-learning classes to give students the knowledge needed to be lifeguards in many environments. Topics include: how to guard, anticipate and prevent problems, safety and survival skills, accident prevention, guarding techniques, emergency systems, rescue skills, spinal injury management, weather and open water dangers, first aid in aquatic environments and how to get a job. The lifeguarding course includes Lifeguard Manual, CPR mask, hip pack, whistle & lanyard, CPR-Pro Oxygen Administration and First Aid certifications.

Class Dates

October 5, 1-5pm

October 12, 18 & 19: 8am-6pm

Cost

Wapak YMCA Members: \$200

Community Members: \$240

Registration Deadline

Wednesday, September 24, 2014

Class Details

- Participant must be age 16 by the last class and have a valid email address.
- All E-learning assignments must be completed before the first class.
- Participant must attend all of the classes and score a minimum of 80% on each chapter and receive 100% on the water skills test.
- Limited spots are available!
- Register at the Courtesy Counter.
- Payment due upon registration.
- Payment is non-refundable unless class is cancelled due to low enrollment.

Classes may not be missed or rescheduled for any reason—no exceptions. This is a rigorous course and all assignments must be completed according to the timeline given by the instructor(s).

ATTENDANCE AT ALL CLASSES IS MANDATORY

Registration Process

It is important you follow the instructions below to ensure you are properly registered with the Wapakoneta Family YMCA and YMCA of the USA. Failure to register with both entities may compromise your spot in class.

1. Register and pay at the YMCA Courtesy Counter.
2. Go to www.yexchange.org and sign up for an account. You will receive an email confirmation (this may take a few days) and you will be able to access online registration.
3. Register online: Log into yexchange.org, go to Leadership Development, LCDC, Go To LCDC, Catalog & Schedule, Search for Class Availability. Type in the following: Course Name: 2011 Edition YMCA Lifeguard. Zip Code: 45895 then scroll to the bottom and hit Search. Select the 2011 Edition Lifeguard Class at the Wapakoneta Family YMCA.
4. All participants will be provided a 5th Edition Lifeguard Manual.
5. Shortly after the registration deadline, participants will receive an email from ASHI and YMCA –USA containing all E-learning assignments. E-LEARNING ASSIGNMENTS MUST BE COMPLETED, PRINTED, AND TURNED IN ON THE FIRST DAY OF CLASS.
6. If you do not receive your e-learning within 3 days of the registration deadline, contact an instructor.