

COST: Pre-Course: \$25

Member	250.00
Non Member	300.00

Prerequisites

Participants must be at least 15 years of age to participate in the class and must attend all session dates. Minors under 18

must have parental consent to participate in the course.

Participants must be able to complete the Pre-Course Skills test, which consists of the following:

- Swim 150 yards without stopping either freestyle or breaststroke and demonstrate breath control.
- Tread water for 2 minutes without arms while maintaining their face above the water, and then swim an additional 50 yards with no rest.
- Start in the water and swim 20 yards any style without goggles
- Perform a surface dive feet-first or head-first to a depth of 7-10 feet, retrieve a 10 pound object and return to the surface, and holding it with both hands, kick back to the wall, all within 1 minute and 40 seconds. Must be able to exit the water without a ladder before the timer ends.

2 attempts are permitted.

_____ (Participants initials that they read the prerequisites)

Policies

Participants must attend all in-person class sessions and arrive on time or they will be asked to leave and fail the class.

Refund Policy: *Full payment is due at registration. Financial assistance is available per request. Withdraw from the course within 7 to 10 days before the class can receive a 50% refund. Withdraw 2 to 6 days before the class can receive a 10% refund. Withdrawal from the course on the day class begins will not receive a refund. Transfer class fees are \$25 per transfer (must be within 7 days of the beginning of class transferring from).*

_____ (Participants initials that they read the policies)

Name: _____

DOB _____

Lifeguard Student's email _____

Phone number _____

Emergency Contact _____
Phone number _____

Questions please contact:

Jacob-jacobl@fremontfamilyymca.org

Thomas-thomasc@fremontfamilyymca.org

Do you have any disabilities or a medical condition that may require modification to this course? Yes No

If yes, please explain:

Signature: _____

Date: _____

(Participant or Parent/Guardian if under 18)

REGISTRATION MUST HAVE THIS FORM AND A PASSING FROM AN LGI

Office use only: Amount Pd: _____ Receipt #: _____
Date: _____ Initials: _____
Payment ID: _____
Instructor who completed the pre-course _____ P/F
Date: _____
Class Enrolled: _____