



Lifeguard Training Course Schedule March 4th – March 12

Date	Session	Location	Time
March 4	Pre Test	Hannibal YMCA	4-5 pm
March 5	Chapter 1-4	Palmyra Sesqui	6 - 9 pm
March 6	Chapter 5-7	Palmyra Sesqui	6 - 9 pm
March 7	Water Skills	Hannibal YMCA	6 - 9 pm
March 8	Chapter 11	Palmyra Sesqui	6 - 9 pm
March 9	Water Skills	Hannibal YMCA	6 - 9 pm
March 10	Chapter 8,9,10	Palmyra Sesqui	10 - 3 pm
March 12	Water Final	Hannibal YMCA	6 - 9 pm

Participants will be required to attend all class sessions.



Registration Form

To enroll in the Lifeguard course, you must be at least 15 $\frac{1}{2}$ years of age by March 8th . To participate in the Lifeguard course, you must be able to demonstrate the following skills.

1. Swim 300 yards continuously, using these strokes in the following order:
 - a. 100 yards of breaststroke using a pull, breath, kick and glide sequence.
 - b. 100 yards of either the front crawl or breaststroke, the 100 yards may be a combination of front crawl and breaststroke.
 - c. 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.

2. Starting in the water, swim 20 yards using front crawl or breaststroke. Surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

The Total cost of the Course is \$155 due March 5th before class

Lifeguards needing to re-certify in CPR/AED for the Professional Rescuer will need to pay a \$40 fee due March 10th before class begins.

Upon successful completion of the Life guarding course, each participant will receive an American Red Cross Universal Certificate indicating Lifeguarding/First Aid, which is valid for 3 years, and an American Red Cross Universal Certificate indicating CPR/AED for the Professional Rescuer, which is valid for 1 year.

NAME: _____

ADDRESS: _____

BIRTHDATE: _____ PHONE: _____

AMOUNT PAID: _____ EMAIL: _____

Signature: _____ DATE: _____

Parent or guardian signature below if under 18.

Signature: _____ DATE: _____

Questions/Concerns contact Doug Meyers at (573)769-9534 or palmyrapark@mywdo.com