



YAQUATICS™



We build strong kids, strong families, strong communities.

Training Opportunities

Lifeguards



Pre-requisites

- 16 years of age
- 500 yd lifeguard medley continuous swim (100 yards each: front crawl, breaststroke, breaststroke kick on back (no hands), and 200 yards of sidestroke).
- Tread water 2 min using legs only
- Feet-first surface dive & return to surface

Bring to Class:

- Swim suit and towel (no bikinis)
be prepared to enter/ exit pool multiple times throughout class
- Pens or pencils
- Snacks
- Professional Attitude!

Upon successful completion:

- YMCA lifeguard
- Red Cross CPR/AED Certification
- Red Cross First Aid & Oxygen

Swim Instructors



Pre-requisites

- 16 years of age
- Proficient swimming ability in 4 out of the 6 of the following strokes:
(will be tested first class)
 - Breaststroke
 - Front Crawl (freestyle)
 - Back Crawl (backstroke)
 - Elementary Backstroke
 - Side Stroke
 - Butterfly

Bring to Class:

- Swim suit and towel (no bikinis)
be prepared to enter/ exit pool multiple times throughout class
- Pens or pencils

Upon successful completion:

- YMCA Swim Lesson Instructor

Register in person at the CHASCO Family YMCA Front Desk
For Questions Call Jackie Stugart at (512)615-5582 or
Email: jstugart@ymcawilliamsonco.org

Aquatics Training Registration Form

Candidate Name: _____ Date of Birth: _____ Age: _____

If Under 16 years of age, candidate must turn 16 prior to the last day of the class.

Address: _____ City: _____ Zip: _____

Candidate Cell Phone # _____ Parent/Guardian Contact #: _____

Parent/Guardian's Name: _____ Candidate Email Address: _____

Upon successful completion of training, will candidate be applying for a job with the YMCA? _____

Medical Concerns

Please list any special conditions or limitations you(r) child may have, as well as any food, medicine, or plant allergies, previous or existing illness, medications, hospitalizations, or medical requirements within the past 12 months:

Participant/Parent/Guardian Acknowledgement

Medical Waiver: In the event that I/my child require(s) emergency treatment and I/emergency contact cannot be reached, I hereby authorize the YMCA to make arrangements to transport me/my child to the nearest hospital emergency facility. I give my consent for any and all necessary medical treatment, if, in fact me/my child requires the attention of a physician. **Waiver:** I understand that YMCA activities have inherent risks and I hereby assume responsibility for all risks and hazards to me/my child in the participation of these activities. I further waive, release, absolve, and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants from any claims or injury sustained during my/my child's use of the facilities or participation in the YMCA program. **Photo Release:** I give my consent for pictures taken of me/my child involved in YMCA programs to be used for future YMCA promotions or displays. **Change or Cancellation/Refunds:** I understand that changes/cancellations/refunds are not permitted within the aquatics department unless a physicians note is submitted stating the inability to complete the class. **Candidate Acknowledgment:** I have read and understand the course prerequisites for the class I am registering for. I meet all age requirements and certification requirements or will by the first day of class. If I/my child fail the class or is unable to meet the prerequisites after the start of the class, I understand a refund will not be provided.

By signing, I agree that I have read and understand all of the above information as it relates to the CHASCO Family YMCA Aquatics Programs:

Signature: _____ **Date:** _____

Parent/Guardian Signature (if under 18) _____ **Date:** _____

Please check the class(es) you are registering for and attending:

YMCA Lifeguard:

Member Fee: \$200 NonMember: \$235

**Approved CHASCO Family YMCA Employees will receive ONE complete uniform*

___ Session 1: March 15—March 19 Monday—Friday 10am—6pm **Spring Break Week**

___ Session 2: April 12—April 23 Monday—Thursday (2 weeks) 5pm—9:30pm

___ Session 3: May 10—May 20 Monday—Thursday (2 weeks) 5pm—9:30pm

___ Session 4: May 31—June 4 Monday—Friday 10am—6pm

**Staff Use Only:
CCC Code: 10AQU**

Swim Instructor:

Member Fee: \$75 NonMember: \$100

**Approved CHASCO Family YMCA Employees will receive ONE complete uniform*

___ Session 1: February 20—February 21 9am—6pm

___ Session 2: April 24—April 25 9am—6pm

___ Session 3: June 2—June 3 9am—6pm

Recertification's: Must Register for Each class separately as not all certifications will need renewal

YMCA Lifeguard: Member Fee: \$25 NonMember: \$35 **Red Cross Oxygen Administration: Member Fee: \$15 NonMember: \$20**

___ Session 1: March 15 1pm—5pm

___ Session 1: March 15 10:30am—11:30am

___ Session 2: May 22 1pm—5pm

___ Session 2: May 22 10:30am—11:30am

Red Cross CPR/AED: Member Fee: \$15 NonMember: \$20 **Red Cross First Aid: Member Fee: \$15 NonMember: \$20**

___ Session 1: March 15 9am—10:30am

___ Session 1: March 15 12pm—1pm

___ Session 2: May 22 9am—10:30am

___ Session 2: May 22 12pm—1pm