



2024 AQUATICS TRAININGS

All Registrations Will Be Done Online @ www.aberdeenymca.org



Lifeguard/Blended Learning

DESCRIPTION:

This course will teach you basic lifeguarding practices, help improve your endurance and certify you as a lifeguard. Courses offered are through the American Red Cross. This course removes a day from actual in-person training due to the online portion that you will take and complete prior to in-person training dates that are listed below. You will receive the web based information 10-14 days prior to in-person dates listed below.

Prerequisites:

- 15 years of age on or during the class
- Successfully complete the two prerequisite swimming skills evaluations:

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest: ▪ Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed) ▪ Maintain position at the surface of the water for 2 minutes by treading water using only the legs ▪ Swim 50 yards using the front crawl, breaststroke or a combination of both o

Prerequisite 2: Complete a timed event within 1 minute, 40 seconds: ▪ Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed). ▪ Surface dive (feet-first or head-first) to a depth of 7 – 10 feet to retrieve a 10-pound object. ▪ Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface. ▪ Exit the water without using a ladder or steps
First Aid instruction and CPR/AED for the Lifeguard are included in the course.

Course Date:

**Friday Dec 27, 2024 and
Saturday Dec 28, 2024**

Day 1-8am-8pm, Day 2 8am-5pm

Cost-\$220

LIFEGUARDING REVIEW:

DESCRIPTION:

This abbreviated Lifeguarding course will briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in the review course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years. Same prerequisites as the Blended Learning Lifeguard Course

COURSE DATE OPTIONS

**Saturday December 28, 2024
8am-5pm**

COST-\$150

All fees are due at the time of registration.

IMPORTANT INFO:

- Registration is due at least **TWO WEEKS** prior to class start date for blended learning lifeguard courses.
- Registration is due at least **ONE WEEK** prior to class start date for lifeguard review course.
- **NO REFUNDS** for cancellations within 72 hours of course start date. \$100 is non-refundable on all registrations.
- **\$25 LATE FEE** is applied for registrations after due date.
- \$25 fee applies to transfer to different course within 72 hours of course start date.
- Class sizes are limited. Register as soon as possible. **Must Have 6 to run classes.**
- Attendance at all classes offered is mandatory.
- Must bring a proof of age to course.

Questions? Contact: Bruce Kleinsasser
bruce.kleinsasser@avera.org • 605.380-9815



2024 AQUATICS TRAINING



Participant's Name: _____ Male Female DOB: _____

Address: _____ City/State/Zip: _____

Home Phone: _____ Cell Phone: _____

E-mail (required): _____

****Please write legible so we can send you the information via e-mail. E-Mail is a Requirement for process****

***If participant is under 18 years old, please fill out information below:**

Signature of Parent/Guardian and Participant on the Aberdeen Family YMCA registration form indicates permission to participate in the program/programs and the authorization to use promotional photos of participants. I release the Aberdeen Family YMCA and its staff members from all claims of any injuries which may be sustained by participants while partaking in any YMCA sponsored activity. If medical attention is required, I give permission for such medical care.

Father/Guardian Name: _____ Mother/Guardian Name: _____

Father's Cell/Work Phone: _____ Mother's Cell/Work Phone: _____

Participant's Signature: _____ Date: _____

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

PLEASE MARK THE COURSE YOU PLAN ON ATTENDING BELOW:

BLENDED LEARNING LIFEGUARDING

December 27 & 28, 2024

\$220

BLENDED LEARNING LIFEGUARD REVIEW

December 28, 2024
8:00am-5:00pm

\$150

PAYMENT:

ONLINE REGISTRATION:

OFFICE USE ONLY:

THE FULL COURSES INCLUDE MATERIALS

TOTAL FEES \$ _____

Payment in FULL is REQUIRED upon registration

- Cash
- Check
- Credit Card (online or at YMCA)
- Submitted Online

We STRONGLY encourage you to register on line at: www.aberdeenyumca.org

Or you can copy the form off and send it in with payment to the following:

**Aberdeen Family YMCA
Attn: Bruce Kleinsasser
5 S State Street
Aberdeen, SD 57401**

*****OFFICE USE:*****

Amount Paid:\$ _____
Date Paid: _____
YMCA Staff _____

*****AQUATICS USE:*****

Emailed _____
Received Email _____
Aquatics Staff _____