



Champaign Family YMCA
Urbana City Pool
689 Park Lane, Urbana, Ohio 43078
P: (937) 653-6994



Champaign Family YMCA Jr. Lifeguard Course Overview

This program is directed toward but not limited to youth between the ages of 11-14 years old. Candidates will be given the opportunity to develop teamwork and leadership, increase swimming skills, perform rescue techniques, and understand responsibilities of aquatic personnel and first responders.

Program Objective

To provide the youth of our community with a sound aquatic background and introduce them to the YMCA's lifeguard program. Along with lifeguard physical training they will be trained to act in emergency situations and get an introduction to rescue skills, CPR, and First Aid. We will also offer career development to those who are interested in pursuing future employment as a lifeguard with the Champaign Family YMCA.

General

Classes will be held at the Urbana City Pool. Participants will be tested on their swim skills, participate in basic CPR and First Aid training, go through a basic lifeguarding course, and join the pool staff for swim lesson training. This course is a combination of instructional sessions conducted in a classroom, on the pool deck, and in the water. Participants should bring their swimsuit, towels, sunscreen, and goggles if needed.

After successfully completing the course, all Jr. Lifeguards will be given the opportunity to volunteer 32 hours in swim lessons and 10 hours of guarding and other pool responsibilities in exchange for a season pass at the Urbana City Pool. Jr. Lifeguards will be assisting swim instructors in our swimming lessons and lifeguards during our public open swim hours. All participants will be given a swim lesson class schedule, daily lifeguard schedule, t-shirt, and a volunteer availability form. Jr. Lifeguards will be responsible for scheduling their time with the managers based on their availability. Junior lifeguards will be required to attend at least 2 in-service trainings throughout the summer.

Skill Level

We will perform a skill check to ensure all members are at the expected swim level. All participants must be able to perform various skills in order to participate in this class. The following skills will be tested:

- Swim 100 meters non-stop (four lengths of the pool)
- Tread water for two minutes
- Swim underwater for 10 feet
- Retrieve an object under water

Class Dates/Times

Skill Check: Saturday, June 3rd 10:00-12:00; CPR/First Aid training: June 4th time TBD; Training dates: June 8 from 10:00- 2pm, June 10 from 9-11AM

For more information please contact: Christiana Lehman at ctml08@gmail.com or Elaina Thomas at elaina2999@gmail.com



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Champaign Family YMCA Jr. Lifeguard Course Sign-Up

Name of Participant: _____ **Birthday:** ___/___/___ **Age:** ___

Phone Number: (____) _____ - _____ **Address:** _____

Parent/Guardian's Name: _____ **Relation:** _____

Emergency Contact Number: (____) _____ - _____ **Email:** _____

Any safety/Health information we should know: _____

Shirt Size: _____

I agree to follow the rules and regulations of the pool and to meet the obligations of the program.

Participant's Signature: _____ **Date:** _____

I, the undersigned, acknowledge that participating in the Junior Life Guarding activities at the Urbana City Pool involves potential risks. The City of Urbana and The Champaign Family YMCA shall not be held liable for any claims, demands, injuries, damages, or actions arising from the use of the facilities. I hereby hold the City of Urbana and Champaign Family YMCA and its employees harmless from claims or injuries which may occur. I also acknowledge that if the participant does not complete the required hours for the course, that I will be responsible to pay the fee for an individual student pass (\$65) to the City of Urbana.

Parent/Guardian Signature: _____ **Date:** _____