



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARE YOU WHISTLE WORTHY?

V6 YMCA Lifeguard Certification

CONCORD FAMILY YMCA



LIFEGUARDING/FIRST AID/ OXYGEN ADMINISTRATION (VALID FOR 2 YEARS). CPR/AED FOR PROFESSIONAL RESCUER (VALID FOR 1 YEAR). COURSE CANDIDATES WILL GAIN THE NECESSARY SKILLS NEEDED AS LIFEGUARDS TO RECOGNIZE, PREVENT AND RESPOND TO AQUATIC EMERGENCIES.

Class dates: May 21,23, 28, 30 June 4, 6 5pm-9:30pm / Thursdays / All dates represent one class.

Class start and end times are subject to change. Refer to emails from instructors for updates and any changes.

- Course Fee: \$200 (which includes \$50 nonrefundable registration fee)

Course details

- Each student must attend every class — **NO EXCEPTIONS!**
- Age requirement: 16+ (valid proof of age must be presented to instructor)
- Each cadet must pass the physical pre-requisites to be held the first day of the course.
- All pre-assignments must be completed before the start of the classroom part of the course. **(DO NOT start the night before. All together they take about 8-10 hours)**
- The classroom and pool part of the course takes 30 hours to complete.
- With the successful completion of the course the V6 YMCA lifeguard is trained to guard at an ocean, waterfront or pool setting.
- Do not pay on the yexchange web site. It says an amount charged while going threw the sign up process but if you do not enter a CC you will not be charged.
- Payment for the course in house with the welcome center at the Concord Family YMCA. You are not guaranteed a spot in the class if you have not signed up through the yexchange web site.
- Registration in house at the Concord Family YMCA is **not possible, all students must register on the exchange web site ONLY.**

Physical prerequisites

- Phase 1 – Tread water for 2 minutes no hands – Swim 100 yards of front crawl
- Phase 2 – Swim 50 yards of each: 1. Front crawl with the head up 2. Sidestroke 3. Breaststroke 4. Breaststroke with the head up 5. Elementary backstroke kick with hands on the chest – Perform a feet first surface dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.
- Phase 3 – Participants start in the water at the shallow end. Sprint for a distance of approximately 60 feet, and then perform an arm-over-arm surface dive in 8 to 10 feet of water (or maximum depth of training facility).
- Pick up an object (dive ring) from the bottom of pool surface (NO goggles), , tread water for 1 minute with legs only, and replace the object back to the bottom of the pool where it was found.
- Swim the remaining length to end of the pool, and hoist yourself out of the water.
- Immediately begin compression on an adult manikin for 1 minute or 100 compressions, and stand and listen to directions from the instructor.

Contact Lead Trainer with questions. Jennifer Bonnett, jbonnett@concordymca.org

Concord Family YMCA 15 North State St., Concord, NH 03301
P 603 228 9962 www.concordymca.org

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Steps to sign up for the course:

1. Go to www.yexchange.org
2. Create an account for yourself
3. Go to the home page and select the L.C.D.C. the YMCA Career and Learning Development Center.
4. Search for the correct class by looking for Concord Family YMCA, concord zip code 03301 or class name V6 YMCA Lifeguard.
5. Be sure you scroll down to the bottom of the page to complete registration.
6. On-line assignments must be completed before the start of the course.

There are 2 sets of pre-assignments.

- ◇ Number 1 on the web site www.yexchange.org under the class details / scroll down to blended activities/ select the lesson / select launch.
- ◇ Number 2 emailed assignments, from ASHI or jbonett@concordymca.org (if you do not see the assignments check your spam folder. They will be arriving from ASHI or Otis or jbonnett@concordymca.org)
- If you have issues. Call the yexchange help line 603-753-8851.

LCDC is mobile compatible when searching for classes or registering for a class but may not offer the optimal experience for using Online Learning. For the best experience with Online Learning, we strongly recommend using either the Internet Explorer 11 browser or the Google Chrome browser on a desktop computer.

To use LCDC, your computer system must have:

- Internet Explorer 9.0 or higher, Chrome, Firefox or Safari. An active internet connection.
- A PDF viewer such as Adobe Reader.
- Excel 2003 or higher if you intend to export grids from LCDC.

Signing up trouble shooting:

After you create an account for your self at the Yexchange/ then you log it the web site will say you need permission to enter the web site.

1. Click on the home button
2. Then click on the LCDC the Learning and Career Development center.
3. Then you can register for the class.

While registering the web site says Phone number needed.

1. Click on Edit Profile.
2. Input your phone number.
3. Then you can complete the registration process.

Any classes requiring certification pre-requisites: Students must upload their class pre-requisites to their account on the Yexchange.com prior to the course beginning. (Your instructor can not do this)

1. To upload your CPR and other licenses you can visit the LCDC at www.lcdc.yexchange.org.
2. Select My Records >Online Applications & Uploads> Submit Outside License.
3. Select the License that you are submitting (e.g. AED, CPR, First Aid); select CPR PRO from the drop down menu. Selecting CPR PRO will apply CPR towards aquatics.
4. Enter the expiration date, achieved date and months the license is good for.
5. Upload the license document requiring approval. Files must be less than 15MB, and the accepted file formats include .
• jpg • png • tif • pdf • doc • docx