



# SARATOGA COUNTY DEPARTMENT OF AGING AND YOUTH SERVICES SPONSORS FREE LIFEGUARD CERTIFICATION IN 2024

## WANT TO BECOME A LIFEGUARD?

Any resident from Saratoga County between the ages of 15 and 17 years old will be eligible to receive sponsorship and participate in the Lifeguard Certification Program in 2024.

This application is due December 29, 2023.

A pre-requisite swim: **January 6, 2024 at 12:00** (approximately 2 hours) will be required prior to being accepted into one of the classes.

Location: Saratoga Springs Branch YMCA  
Address: 290 West Avenue, Saratoga Springs, NY 12866

Dates for the water skills portion of the Lifeguard training classes:  
(Circle the date your would prefer to attend if accepted or not if not available)

Monday - Wednesday, Feb. 19 – Feb. 21, 2024 from 9 am – 5 pm    1<sup>st</sup>    2<sup>nd</sup>    Not Available

or

Monday - Wednesday, April 1 – April 3, 2024 from 9 am – 5 pm    1<sup>st</sup>    2<sup>nd</sup>    Not Available

### LEARN: American Red Cross CPR, First Aid, AED and Water Rescue Skills

\*\*Additional online training is required prior to attending water skills.

#### These classes will provide Pool certification;

Waterfront certification is available upon request – additional skills required.

Participant Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender M / F  
(Print First and Last Name)

Address \_\_\_\_\_  
(Street Address, City, State, Zip Code)

Participant Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

How many people live in the household? \_\_\_\_\_ Annual gross household income (check 1):

- Less than \$20,000     \$20,000-\$50,000     \$50,000-\$75,000     More than \$75,000

Sponsorship is not completely based on financial need. Please note any extenuation circumstances (reasons why your child would benefit from participating in the Lifeguard Certification program):

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PLEASE READ THE FOLLOWING CAREFULLY. BY SIGNING BELOW, YOU AGREE TO THE FOLLOWING:

The commitment is to attend the pre-requisite swim. This requirement includes swimming 300-500 yards continuously depending on pool or waterfront certification. Then, treading water hands-free and retrieving a weight, both under time limits. Upon completion of these components, candidates will be eligible to apply for a sponsorship for an upcoming lifeguard class. All participants will be notified via email whether or not they receive sponsorship.

If sponsorship is granted the participant will be placed in their first-choice class, pending availability and on a first come, first serve basis. One week prior to the class, an online link will be emailed to the participant for 7 hours of self-guided learning modules. Completion of the modules are necessary prior to the 3 days of in-person water skills. Attendance and participation in all of the elements of the course will be mandatory. There is no portion of the training that can be rescheduled. If the participant is unable to attend all of the sessions or a conflict arises, please cancel your registration as soon as possible so that someone on the waiting list can be scheduled. No changes can be made within one week of the class. Pool certification costs a participant \$350; waterfront is \$450. Sponsorships will be 100% of the cost!! \*Participants will be responsible for the cost if they cancel with less than 7 days' notice or do not show up for a scheduled session.

I fully understand and acknowledge that there are inherent risks and dangers associated with my participation in the American Red Cross Lifeguard Program. I also recognize the difficulties and challenges involved in indoor and outdoor sports and recreation programs, and that my teen is sufficiently physically and psychologically fit to participate and has not been advised otherwise by a physician.

I agree to indemnify and hold harmless the County of Saratoga and businesses participating in the Youth Sports and Sports Education Program, its employees, and personnel from any and all claims, causes of action, liability for injuries or damages which may arise as a result of participating in this program, including but not limited to reasonable attorney's fees and the costs and disbursement of any legal actions and extending to employees, personnel, volunteers, instructors, etc. in responding to any emergency and/or medical situation or event.

\*Additional registration and waivers provided by the YMCA will be required to be signed. I hereby acknowledge commitment to the program and grant permission for my child to participate in the Youth Sports and Sports Education – Lifeguard Certification Program 2024.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (required): \_\_\_\_\_

Emergency Contact Name & Phone Number: \_\_\_\_\_

Emergency Contact Name & Phone Number: \_\_\_\_\_

**For more information or to submit registration email: Rebecca Robarge, Youth Program Coordinator Saratoga County Department of Aging & Youth services at [rrobarge@saratogacountyny.gov](mailto:rrobarge@saratogacountyny.gov)**



This opportunity has been made available to our community with funding provided by the New York State Office of Children and Family Services.

