



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEP SWIMMERS SAFE HELP SAVE LIVES

LIFEGUARD TRAINING

Age 15 and older

Participants must be physically able to

- *Tread water for 2-minutes without hands
- *Swim 100-yards Front Crawl
- *Swim 200-yards combination of Front Crawl and Breast Stroke
- *Climb out of the pool without the assistance of a ladder or stairs
- *Retrieve 10 pound brick from deep end of the pool
- *Course also includes certifications in CPR, First Aid and AED



JUNE Lifeguard Class Important Dates:

- Thu, May 31st 9am-6pm
- Fri, June 1st 9am-6pm
- Sat, June 2nd 9am-6pm

Participants are required to attend each day.

Last day to register is Friday, May 18th.

\$100 Non-Refundable Deposit due at registration.

Lifeguard Renewal

TBA

Cost: \$75.00

Current life guard certification must not be expired to participate in this renewal class.

Participants should bring hip pack with whistle, CPR mask and a swim suit.

Contact Ben Fox for dates.

Cost:
YMCA Members: \$190
Non Members: \$265



For more information contact
Ben Fox at
ben.fox@ymcacolumbus.org

Union County Family YMCA * 1150 Charles Lane * Marysville, Ohio 43040
937-303-9285 * www.unioncountyyymca.org

