



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



APRIL Lifeguard Class Important Dates:

- Fri, Apr. 6th & 13th 6-9pm**
- Sat, Apr. 7th & 14th 9am-5pm**
- Sun, Apr. 8th & 15th 1-6pm**

Participants are required to attend each day.

Last day to register is Saturday, March 24th.

\$100 Non-Refundable Deposit due at registration.

Lifeguard Renewal

Thursday, April 5th 5-10pm

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.

Last day to register is Monday, April 2nd.

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



For more information contact
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