



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



MAY Lifeguard Class Important Dates:

Mon, Apr. 23rd & 30th 5-9pm
 Thu, Apr. 26th & May 3rd 5-9pm
 Fri, Apr. 27th & May 4th 5-9pm

Participants are required to attend each day.

Last day to register is Saturday, April 14th.

\$100 Non-Refundable Deposit due at registration.

Lifeguard Renewal

Saturday, April 28th 10am-3pm

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 Tuesday, April 24th.

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



For more information contact
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