



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



Lifeguard Class Important Dates:

- Fri, Feb. 16th 6-10pm
- Sun, Feb. 18th 1-6pm
- Mon, Feb. 19th 9am-5pm
- Sat, Feb. 24th 10am-5pm

Participants are required to attend each day.

Last day to register is Saturday, Feb. 3rd.

\$100 Non-Refundable Deposit due at registration.

Lifeguard Renewal

Saturday, March 3rd 10am-2pm

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 Thursday, March 1st.

Cost:
YMCA Members: \$180
Non Members: \$250



For more information contact
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