



LIFEGUARD



# TRAINED TO SAVE LIVES

## UNION COUNTY FAMILY YMCA

### LIFEGUARD CERTIFICATION

### October

**Saturday, October 22<sup>nd</sup>: 8am-5pm**

**Sunday, October 23<sup>rd</sup>: 8am-5pm**

**\*\*Participants must be able to attend all consecutive days of certification class.**

### Class Requirements

**\*This is a blended course. Participants will be required to complete about eight hours of online study/work.**

- \*Age 15 and older
- \*Tread water for 2-minutes without hands
- \*Swim 100-yards Front Crawl
- \*Swim 100-yards Breast Stroke
- \*Swim 100-yards combination of Front Crawl and Breast Stroke
- \*Retrieve 10-pound brick from deep end of the pool (No goggles)
- \*Climb out of the pool without the assistance of a ladder or stairs
- \*Course also includes certifications in CPR, First Aid and AED
- \*Must attend each day of course classes in selected month

### CLASS FEES

#### LIFEGUARD CERTIFICATION CLASS

**YMCA Members: \$195    AWAY Members: \$195    NON Members: \$275**

**Please note a \$100 non-refundable deposit is due at registration.**

Did you know? The YMCA will pay for your lifeguard certification if you work for us! Ask your instructor for more info or contact Dave at [dhigh@unioncountyyymca.org](mailto:dhigh@unioncountyyymca.org).



For more information contact Dave at [dhigh@unioncountyyymca.org](mailto:dhigh@unioncountyyymca.org)



Union County Family YMCA \* 1150 Charles Lane \* Marysville, Ohio 43040  
937-303-9285 \* [www.unioncountyyymca.org](http://www.unioncountyyymca.org)