



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CERTIFICATIONS INCLUDE:

YMCA Lifeguard National Certification
First Aid
CPR/AED for the Professional Rescuer
Oxygen Administration
Blood Borne Pathogens

PREREQUISITES

Must be 16 years old
Participants under age 18 must have parental consent to participate.

Swimming test including:

- 500yds of mixed strokes: freestyle, sidestroke, breaststroke & elementary backstroke
- Tread water for 2 minutes
- Surface-dive head-first and feet-first into 8 to 10 feet of water

For each class session participants must:

- Remain alert and attentive
- Sit for extended periods
- Participate during every activity
- Demonstrate YMCA core values (caring, honesty, respect, responsibility)
- Move to various locations, including in and around an elevated chair
Communicate verbally, including projecting the voice across distances.
- Hear noises and distress signals; observe all areas of the water area
- Demonstrate the maturity necessary to fulfill the responsibilities of a professional lifeguard

CLASS SCHEDULE

Friday, April 29th	4:00pm – 9:30pm	LG training
Saturday, April 30th	10:00am – 7:00pm	LG training
Sunday, May 1st	10:00am – 7:00pm	LG training
Friday, May 6th	4:00pm – 9:30pm	First Aid, BBP
Saturday, May 7th	10:00am – 7:00pm	LG training w/ CPR/AED
Sunday, May 8th	10:00am – 7:00pm	LG training w/CPR/AED, O2

COURSE FEES

YMCA Facility Member	\$230
Program Member/Non-Members	\$280
Program membership fee (annual)	\$25
Current Staff Member	\$130

The fee includes: YMCA Lifeguarding book, certification fees, and a pocket mask

Registration form must be turned into the Member Services desk at the Central YMCA. Form must be complete with payment included.

Registration Deadline is April 22, 2011

*Please note that registration and attendance does not guarantee certification; participants must have 100% class attendance, pass 100% of the water skills test, and receive an 80% on each written test in order to become certified.