TRAINED TO SAVE LIVES

Lifeguard Certification Course Blended Learning

Ever wanted to learn the skills to save a life? Our American Red Cross Lifeguard Certification Course will teach you the following skills: First-Aid, CPR for the Professional Rescuer, how to utilize an AED, how to apply oxygen, and how to respond to an emergency in and outside of the pool area.

This class will need a minimum of 3 participants and will max out at 15 participants. Each participant must attend all 4 course dates in order to obtain certification. Since this is a blended learning course there is some course work that must be completed online prior to the first day of class. All participants must pass the required swimming prerequisites for the course; held on the first day of class.

SESSION RUNS: February 28 – March 2, 2020

Friday, February 28: 5:00 p.m. – 8:00 p.m.
Saturday, February 29: 9:00 a.m. – 3:00 p.m.
Sunday, March 1: 9:00 a.m. – 3:00 p.m.
Monday, March 2: 5:00 p.m. - 8:00 p.m.

COST:

Members: $225.00
Non Members: $275.00

Stateline Family YMCA 501 Third St. Beloit, WI 53511 (608)365-2261

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Prerequisites:

- Must be at least 15 years old by the last day of the session to receive certification.

- Must be able to swim a continuous 300 yards, demonstrating breath control and rhythmic breathing. A combination of front crawl and breaststroke may be used. Swimming on the back or side is not permitted.

- Tread water for 2 minutes using legs only.

- Feet–first surface dive to seven feet and return to the surface of the pool

- Pick up a 10 pound brick off the bottom of the pool and swim 25 yards – goggles are not permitted.

- Swim underwater for 15 feet

Testing is done on the first day of the course.

All registered participants must have access to a computer, printer and internet.

All registered participants will receive an email with instructions on how to complete the online portion of the class. The online portion must be completed prior to the first night of class. Progress reports must be printed out and brought with to the class.