

TRAINED TO **SAVE**

BE A LEADER. BE A LIFEGUARD.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Blended Learning Lifeguard Certification Course

COURSE DATES:

December 28 - 30, 2023

LEARN:

- First-Aid
- CPR for the Professional Rescuer
- How to utilize an AED
- How to respond to an emergency in and out of the pool

PRE-REQUISITES:

- Swim 300 yds continuously and demonstrate breath control & rotary breathing
 - Tread Water for 2 minutes
 - Feet first surface dive to 7 ft.
 - Retrieve a 10 lb brick and swim 25 yds.
 - Swim underwater for 15 ft.
 - Be at least 15 yrs old by last day of course
- Pre-testing is done on the first day of course.**

CLASS DAYS AND TIMES:

December 28: 11:30 am - 5:30 pm

December 29: 11:30 am - 5:30 pm

December 30: 8:00 am - 4:30 pm

MEMBER PRICE: \$225

NON-MEMBER PRICE: \$275

QUESTIONS?

Contact Kim at kwaite@statelineymca.org.

statelineymca.org/certification

LIFEGUARD