

2022 YMCA

Lifeguard Training:



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Class Dates:

Pretest: Wednesday, Jan 12th (5:30p)

Course Dates: Friday, Jan 14th through Jan 17th (9a-5p) each day

*Instructor reserves the right to add time as necessary to complete course

Cost:

\$200 for the course is due prior to pretest. If participant does not pass the pretest, moneys will be refunded minus a \$30 pretest fee.

Course certifies participant in YMCA Lifeguard, ASHI BLS (formerly CPR), FA, and Oxygen

Prerequisites:

*****Participant must be at least 16 years of age, and must be able to complete the following pretest:**

Pretest:

Phase 1:

Tread water for 2 minutes, then swim 100 yards of front crawl.

Phase 2:

Swim 50 yards each of: front crawl with head up; sidestroke; breaststroke; breaststroke with head up; inverted breaststroke kick with hands on the chest; then perform a feetfirst surface dive and swim underwater 15'.

Phase 3:

In sequence: Sprint 60 feet, surface dive (arm-over-arm), obtain object from pool bottom and tread for 1 minute, return object to pool bottom, surface, swim remaining length, pull self out of pool (without using ladder), follow instructions from instructor.

This class is considered a blended learning class. Online learnings must be completed prior to participating in the relevant portion of the class. Please look for more instructions on how to access these e-learnings at the pretest. Additionally, classroom sessions will be held over Zoom, and pool/skill sessions will be held in person – syllabus with more details will be given out at pretest.

What will I need?

Bathing suit, towel, goggles, pen and paper, device that can access Zoom

For any questions or concerns, please contact Madison Wesley at:

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