

# 2022 YMCA

## Lifeguard Training:



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Class Dates:

Pretest: Aug. 29<sup>th</sup> from 4p-6p

Course Dates: Sept. 2<sup>nd</sup> (4p-8p), Sept. 3<sup>rd</sup> (9a-4p), and Sept. 4<sup>th</sup> (9am-4pm)

\*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.

### 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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