



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



**Lifeguard Training**  
**MAKE A**  
**DIFFERENCE**  
**LEARN TO**  
**SAVE A LIFE**

**PICKENS COUNTY YMCA**



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## COURSE DATES:

**May Weekend Course:** (Pre-Course) May 13: 4pm-6pm  
*All dates Pickens facility*

May 13: 6pm-10pm

May 14: 7am-7pm

May 15: 2pm-5pm

May 19: 6pm-10pm

May 20: 5pm-8pm

May 21: 7am-1pm

**June Weekend Course:** \*(Pre-Course) May 27: 4pm-5pm  
*\* Pickens facility*  
*All other dates Easley facility*

June 2: 6pm-10pm

June 3: 6pm-8pm

\*June 4: 7am-7pm

June 9: 6pm-10pm

June 10: 5pm-8pm

\*June 11: 7am-7pm

**June Weekday Course:** (Pre-Course) June 9: 7pm-9pm  
*All dates Pickens facility* June 13, 14, 15, 16,17: 8am-5pm

**December Weekend Course:** (Pre-Course) November 28: 7pm-9pm  
*All dates Pickens facility*

December 2, 9: 6pm-10pm

December 3, 10: 8am-8pm

December 4, 11: 8am-2pm

## PARTICIPATION REQUIREMENTS:

At least 15 years of age by the final test date

Pass a pre-course swimming skills test:

- Swim 300 yards continuously: 4 lengths freestyle, 4 lengths breast stroke, 4 lengths freestyle or breast stroke
- Swim 20 yards, retrieve a 10lb brick from the bottom of the pool and return carrying the brick in 1 min 40 seconds

## COST:

\$175 – Includes books & rescue mask



Pickens County YMCA

[WWW.PCYMCA.NET](http://WWW.PCYMCA.NET)

Easley Branch P 864 855 9622

Pickens Branch P 864 878 8380

**YMCA MISSION:**

TO PUT CHRISTIAN PRINCIPLES INTO  
PRACTICE THROUGH PROGRAMS THAT BUILD  
HEALTHY SPIRIT, MIND AND BODY FOR ALL.