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

MAKE A DIFFERENCE SAVE A LIFE

LIFEGUARD TRAINING AT THE POWERSVILLE YMCA



AMERICAN RED CROSS LIFEGUARD CLASSES will teach:

- Skills and knowledge to prevent and respond to aquatic emergencies
- CPR, AED & First Aid for the professional rescuer

PRE-REQUIREMENTS

- Must be at least 15 years old by the last day of the course
- Swim 300 yards continuously
- Tread water for 2 minutes without use of hands
- Retrieve a 10 pound object, return to the surface and exit the pool within 1 minute and 40 seconds

CERTIFICATION REQUIREMENTS

- Watch course videos online and pass test with score of 80%
- Perform all required skills with accuracy
- Pass a written test with a score of at least 80%

COURSE DATES & TIMES

- April 7-8, Saturday & Sunday, 8:00 AM-6:00 PM
- April 28-29, Saturday & Sunday, 8:00 AM-6:00 PM
- May 12-13, Saturday & Sunday, 8:00 AM-6:00 PM
- May 21-24, Monday-Thursday, 4:00 PM-9:00 PM
- May 26-27, Saturday & Sunday, 8:00 AM-6:00 PM

COST

- \$175

FOR MORE INFORMATION CONTACT:

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Aquatics Director, Powdersville YMCA