



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



LEARN LIFE-SAVING SKILLS!

YMCA Lifeguard Certification Class

Monday February 25th through Thursday March 14th

MEMBER: \$175 NON MEMBER: \$225

Instructor: Keith Buetow

Classes will take place at the YMCA

Attendance at all classes is mandatory

Lesson Dates: Mon., Feb. 25th 6-9pm; Tues., Feb. 26th 6-9pm; Sat., Mar. 2nd 9am-3pm; Mon., Mar. 4th 6-9pm; Wed., Mar. 6th 6-9pm; Sat., Mar. 9th 9am-3pm; Mon., Mar. 11th 6-9pm; Thurs., Mar. 14th 6-9pm

Precourse Skills:

MUST BE ABLE TO DO ON FIRST DAY. NO EXCEPTIONS.

- 1) Must be able to swim 300 yds (12 lengths of the YMCA pool) continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breast stroke or a combination of both. Swimming on the back or side is not allowed.
- 2) Tread water for 2 minutes using legs only.
- 3) Complete a timed event within 1 min, 40 seconds. Students must swim 20 yards, execute a surface dive to retrieve a 10 lb object from the bottom of the pool, return to the surface and swim 20 yards to return to the starting point with the 10 lb object. Students should bring back the object with both hands holding the object and keeping their face at or above surface so they are able to get a breath.

To register, or for more information, please call the BBJMCA at 765-342-6688.

**Barbara B. Jordan YMCA
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Martinsville, IN 46151
765-342-6688
bbjymca.org**