



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



# **LEARN LIFE-SAVING SKILLS!**

## **YMCA Lifeguard Certification Class**

**Monday April 1st through Thursday April 18th**

**MEMBER: \$175    NON MEMBER: \$250**

**Instructor: Keith Buetow**

**Classes will take place at the YMCA**

**Attendance at all classes is mandatory**

**Lesson Dates:** Mon., Apr. 1st 6-9pm; Thurs., Apr. 4th 6-9pm;  
Sat., Apr. 6th 9am-3pm; Mon., Apr. 8th 6-9pm;  
Thurs., Apr. 11th 6-9pm; Sat., Apr. 13th 9am-3pm;  
Mon., Apr. 15th 6-9pm; Thurs., Apr. 18th 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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