



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



# LEARN LIFE-SAVING SKILLS!

## YMCA Lifeguard Certification Class

**Session 1 - April 8th through April 27th  
or Session 2 - May 6th through May 25th**

MEMBER: \$175    NON MEMBER: \$250

Price includes book and Adult/Pediatric Resuscitation Mask.

### Lesson Dates:

**Session 1** - Thurs., April 8 6-9pm; Sat., April 10 9am-3pm; Tues., April 13 6-9pm; Thurs., April 15 6-9pm; Sat., April 17 11am-5pm; Thurs., April 22 6-9pm; Sat., April 24 9am-Noon; Tues., April 27 6-9pm

**Session 2** - Thurs., May 6 6-9pm; Sat., May 8 9am-3pm; Tues., May 11 6-9pm; Thurs., May 13 6-9pm; Sat., May 15 11am-5pm; Thurs., May 20 6-9pm; Sat., May 22 9am-Noon; Tues., May 25 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.

Classes will take place at the Barbara B. Jordan YMCA. Attendance at all classes is mandatory.

Instructor: Keith Buetow

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

**Barbara B. Jordan YMCA  
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Martinsville, IN 46151  
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