



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



LEARN LIFE-SAVING SKILLS!

YMCA Lifeguard Certification Class **Monday June 22nd through Tuesday July 11th** **OR Monday July 13th through Tuesday July 28th**

MEMBER: \$175 NON MEMBER: \$250

Instructor: Keith Buetow

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

Lesson Dates:

Mon., June 22 6-7:45pm; Tues., June 23 6-7:45pm; Wed., June 24 6-7:45pm; Thurs., June 25 6-7:45pm; Sat., June 27* 10-2pm; Mon., June 29 6-7:45pm; Tues., June 30 6-7:45pm; Wed., July 1 6-7:45pm; Thurs., July 2 6-7:45pm; Mon., July 6 6-7:45pm; Tues., July 7 6-7:45pm; Wed., July 8* 6-7:45pm; Thurs., July 9* 6-7:45pm; Sat., July 11 10am-Noon

Mon., July 13 6-7:45pm; Tues., July 14 6-7:45pm; Wed., July 15 6-7:45pm; Thurs., July 16 6-7:45pm; Sat., July 18 10-2pm; Mon., July 20 6-7:45pm; Tues., July 21 6-7:45pm; Wed., July 22 6-7:45pm; Thurs., July 23 6-7:45pm; Sat., July 25 10-2pm; Mon., July 27 6-7:45pm; Tues., July 28 6-7:45pm

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.

*Sat., June 27, Wed., July 8 and Thurs., July 9 will be "bring your own victim days." This should be someone who swims well and can easily go underwater and to the deep end of the BBJ YMCA indoor pool.

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

Barbara B. Jordan YMCA
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bbjymca.org