



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



LEARN LIFE-SAVING SKILLS!

YMCA Lifeguard Certification Class

Session 1 - April 4th through April 19th or Session 2 - April 25th through May 12th

MEMBER: \$175 NON MEMBER: \$250

Price includes book and Adult/Pediatric Resuscitation Mask.

Lesson Dates:

Session 1 - Monday, April 4 6-9 pm; Thursday, April 7 6-9 pm; Saturday, April 9 9 am-3 pm; Monday, April 11 6-9 pm; Wednesday, April 13 6-9 pm; Saturday, April 16 9 am-3 pm; Monday, April 18 6-9 pm; Tuesday, April 19 6-9 pm

Session 2 - Monday, April 25 6-9 pm; Thursday, April 28 6-9 pm; Saturday, April 30 9 am-3 pm; Monday, May 2 6-9 pm; Thursday, May 5 6-8 pm; Saturday, May 7 9 am-3 pm; Monday, May 9 6-9 pm; Thursday, May 12 6-9 pm

YMCA Lifeguard Recertification Class

Session 1 - Saturday, May 14th 9 am-3 pm

(Classroom and water skill review)

Written tests week of May 9-May 12 based on participants' schedule

or Session 2 - Saturday, May 21st 9 am-3 pm

(Classroom and water skill review)

Written tests week of May 16-May 19 based on participants' schedule

FEE: \$75

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 YMCA of Morgan County. Attendance at all classes is mandatory.

Instructor: Keith Buetow

To register, or for more information, please call the YMCA of Morgan County at 765-342-6688.

YMCA OF MORGAN COUNTY
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