



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



LEARN LIFE-SAVING SKILLS!

YMCA Lifeguard Certification Class

October 18th-November 5th

MEMBER: \$175 NON MEMBER: \$250

Price includes book and Adult/Pediatric Resuscitation Mask.

Lesson Dates:

Tuesday, October 18th 6-9pm
Thursday, October 20th 6-9pm
Saturday, October 22nd 9am-3pm
Tuesday, October 25th 6-9pm
Thursday, October 27th 6-9pm
Saturday, October 29th 9am-3pm
Thursday, November 3rd 6-9pm
Saturday, November 5th 9am-12pm

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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Martinsville, IN 46151
765-342-6688
ymcamorgancounty.org