



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREPARE NOW FOR A SUMMER JOB AS A LIFEGUARD!

American Red Cross Lifeguarding Course

Monday and Wednesday evenings

April 25 & 27, May 2, 4, 9, 11, 16, 18, 23 & 25, 2011

6:00 – 9:30 pm

Must attend all classes to become certified.

SALEM FAMILY YMCA

Course includes Lifeguarding, First Aid and CPR/AED certifications!

Cost: \$140 YMCA members

\$165 non members

Aquatics Line: 503-399-2792

YMCA Main Line: 503-581-9622

685 Court St NE

Salem OR 97301

www.youry.org



American Red Cross Lifeguarding Course

Class pre-requisites (verified on first class session):

- Participant must be 15 years of age by the course completion date.
- Participant must be able to swim 300 yards non-stop using both the front crawl and breast stroke.
- Participant must swim 20 yds, retrieve a 10 lb. brick from 9 feet of water and swim 20 yards with it, exiting the pool without a ladder, within 1 minute 40 seconds.

To pass the class:

- Participant must attend 100% of class sessions - *no make-up classes are offered.*
- Participant must actively participate, demonstrate a positive attitude, and high level of maturity throughout all class sessions.
- Participant must read each chapter and complete all assigned homework on time.
- Participant must pass all instructor assigned scenarios during the skills portion of the course.
- Participant must pass the written exam with a score of 80% or higher.

If participant does not pass the pre-requisites:

- Participant must withdraw from the certification course and may receive, upon request, an in-house credit for the value of the class *less \$50 (less \$85 if book issued).*

Withdrawing from course:

- If any participant withdraws from the certification course during or after the second class no credit or refund will be issued. Withdrawing prior to second class is treated as if participant did not pass the prerequisite.

Cost:

- Y member - \$140.00
- Non-member - \$165.00

Dates & Times:

- March April 25 & 27, May 2, 4, 9, 11, 16, 18, 23 & 25, 2011
- 6:00 – 9:30 pm

What to bring to each class:

- Pen or pencil
- Sack lunch, snacks and water bottle (no glass bottles)
- Swim suit and towel