



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PREPARE NOW FOR A JOB AS A LIFEGUARD!

**American Red Cross Lifeguarding Course**

**Monday & Wednesday evenings**

**6:15 – 9:30 pm**

**April 23 – May 23, 2012**

**Strict prerequisites apply and preregistration is required.**

**Must attend all classes to become certified!**

## **SALEM FAMILY YMCA**

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

**Cost: \$160 YMCA members**

**\$185 non members**

**Aquatics Line: 503-399-2792**

**YMCA Main Line: 503-581-9622**

**685 Court St NE**

**Salem OR 97301**

**[www.youry.org](http://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 front crawl and breast stroke.
- Participant must be able to tread water for 2 minutes using only the legs, with hands under the armpits.
- 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 - \$160.00
- Non-member - \$185.00

## Dates & Times:

- April 23 – May 23, 2012
- Mondays & Wednesdays, 6:15 – 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