



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONNECTING PEOPLE WHO CARE WITH WORK THAT MATTERS

Red Cross Lifeguard Course Waldo County YMCA

Requirements to complete course:

- ♦ Swim 300 yards continuously using combination of front crawl and breast stroke
- ♦ Tread water for 2 minutes using legs only
- ♦ Swim 20 yards, retrieve 10 pound object from bottom of deep end, swim on back holding object with both hands to shallow end and exit pool without ladder
- ♦ Successfully demonstrate all skills and rescue scenarios
- ♦ Pass written tests with 80% or better
- ♦ Attend all classes
- ♦ **Must be 15 years old by last day of class**

Enroll Today!
\$185 plus a \$35 Red Cross Fee
\$50 non-refundable deposit
Registration is open!



Tuesday, March 20	5:30–9:00 pm
Thursday, March 22	5:30–9:00 pm
Tuesday, March 27	5:30–9:00 pm
Thursday, March 29	5:30–9:00 pm
Tuesday, April 3	5:30–9:00 pm
Thursday, April 5	5:30–9:00 pm

WALDO COUNTY YMCA

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The Waldo County YMCA is a 501 (c)(3) Charitable Organization.

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