



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!
\$100 plus a \$37 Red Cross Fee
\$50 non-refundable deposit
Registration is open!

This is a Blended Learning Course



November 13	6:00 – 9:00 p.m.
November 15	6:00 – 9:00 p.m.
November 18	12:30 – 5:00 p.m.
November 20	6:00 – 9:00 p.m.

WALDO COUNTY YMCA

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

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