



FOR YOUTH DEVELOPMENT ·
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

American Red Cross Lifeguarding

WALDO COUNTY YMCA

Register today for skills that last a lifetime!

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**

Must have minimum of three participants to run a course.

Don't need a full course, just a
review or recertification?
WE CAN HELP!

Full Lifeguard Course

- Blended Learning (has an online portion to be completed before first class)
 - Roughly 20 hours to complete

Dates: March 2 – March 6, 2020

Time: 4:30 p.m. – 8:30 p.m.

Fee: \$175

Review Course

- In-person skills review
- Roughly 9 hours to complete

Date: Sunday, March 22, 2020

Time: 8 a.m. – 5 p.m.

Fee: \$138

157 Lincolnton Avenue, Belfast ME 04915
207.338.4598 · www.waldocountyyymca.org
A 501(c)(3) Charitable Organization.

Eryn Thostenson
ethostenson@waldocountyyymca.org