



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SKILLS THAT WILL LAST A LIFETIME

American Red Cross Lifeguarding WALDO COUNTY YMCA

TWO CLASS OPTIONS: FULL COURSE OR REVIEW COURSE

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**
- Minimum of three (3) / maximum of eight (8) participants to run a course

FULL LIFEGUARD COURSE

- Blended Learning course with an online portion to be completed **BEFORE** first class. Link will be provided once you are registered
- Roughly 20 hours to complete full course.
- Working lunches.
- Registration closes September 30

Dates: October 2 - 4, 2020

Days/Times: Friday, 4:30 - 8:30 p.m.

Sat/Sun, 8:00 a.m. - 5:00 p.m.

Fee: \$200 Annual Member

\$250 3 Month & Non Member

LIFEGUARD REVIEW COURSE

- Must have a current Lifeguarding certificate, or expired within 30 days of course completion
- In-person skills review
- Roughly 9 hours to complete
- Working lunch
- Registration closes October 14

Date: Sunday, October 18, 2020

Time: 8:00 a.m. - 5:00 p.m.

Fee: \$150 Annual Member

\$200 3 month & Non member