



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AMERICAN RED CROSS LIFEGUARD & EMERGENCY TRAINING COURSES

COURSE FEES:

COURSE FEES ARE NON-REFUNDABLE
PAYMENT DOES NOT GUARANTEE CERTIFICATION

LIFEGUARD CERTIFICATIONS:

Full Course = \$300

(Includes infant/adult CPR mask, whistle, rescue pack)

Renewal/Crossover Course = \$150

(Must have current certification from approved certifying agency; no equipment provided)

EMERGENCY TRAINING CERTIFICATIONS:

1ST AID/CPR/AED = \$75

(Includes infant/adult CPR mask)

BABYSITTER'S TRAINING = \$125

(Includes infant/adult CPR mask)

LIFEGUARD COURSE REQUIREMENTS:

- Must be 15 years old by last day of scheduled class
- Must attend and participate in all class sessions and successfully complete online learning for the course
- Must be able to complete Prerequisite Swim Test (participants who are unable to complete the swim test will not receive certification or a refund of course fees)
 - 300 yard nonstop swim (freestyle or breaststroke)
 - Tread water 2 minutes (legs only)
 - Complete timed event
 - Starting in the water, swim 20 yards
 - Surface dive to retrieve 10lb. object from bottom of the pool
 - Return to surface and swim 20 yards on your back, keeping your face at or above the surface
 - Exit the water without using a ladder/steps

EMERGENCY TRAINING COURSE REQUIREMENTS:

- Certification is valid for 2 years
- Attend and participate in all class sessions and successfully complete online learning for the course (if applicable)
- Demonstrate competency in all required skills and successfully complete all assessment scenarios

ONLINE LEARNING REQUIREMENTS:

ALL LIFEGUARDING COURSES AND 1ST AID/CPR/AED COURSES ARE BLENDED LEARNING COURSES. Blended learning combines online learning with in-person skills sessions. Participants taking blended learning courses must complete all online learning prior to the first in-person skills session of their course. Participants who do not complete their online learning on-time will not be allowed to participate in the in-person skills sessions, will not receive their certification, and will not receive a refund of their course fees.

TRAINING DATES		
LIFEGUARDING	1 ST AID/CPR/AED	BABYSITTER'S TRAINING
<u>FRIDAY EVENING (4:45PM - 8PM)</u> <u>AND SATURDAY/SUNDAY (9AM - 5PM)</u>	<u>SATURDAY (9AM - 12PM)</u>	<u>3 WEEK COURSE</u> <u>MONDAYS (6PM - 8PM)</u>
JANUARY 12-14 MARCH 8-10 APRIL 5-7 APRIL 19-21 MAY 3-5 MAY 17-19 JUNE 14-16 JULY 12-14	JANUARY 13 MARCH 9 APRIL 6 APRIL 20 MAY 4 MAY 18 JUNE 15 JULY 13	MARCH 4, 11, 18 APRIL 8, 15, 22 MAY 6, 13, 20

FOR MORE INFORMATION OR IF YOU ARE INTERESTED IN WORKING AT THE Y AS A LIFEGUARD
CONTACT BRILEY PENNER (AQUATICS DIRECTOR) | BPENNER@ACYMCA.ORG | (336) 395-9622 EXT. 215