



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALAMANCE COUNTY COMMUNITY YMCA
American Red Cross Lifeguarding Courses

**WANT TO KNOW HOW TO RECEIVE THIS COURSE FOR FREE?
CONTACT BRILEY PENNER BPENNER@ACYMCA.ORG OR CALL (336) 395-9622 EXT. 215**

Course Fees:

Payment of course fee does not guarantee certification

Full Certification: \$300 (includes infant/adult CPR mask, whistle, and hip pack)
Recertification/Crossover: \$150 (must have current, valid certification from approved certifying agency)

Course Dates:

All courses are Friday (4:30pm – 8:00pm), Saturday (8:00am – 6:00pm), & Sunday (8:00am – 4:00pm)

Participants must attend all in-person sessions

March 14-16

April 11-13

May 2-4, 9-11, 16-18

June 13-15

July 11-13

Course Prerequisites:

This course involves strenuous physical activity. If you have any concerns about your ability to participate fully in class (because of a medical condition, disability, etc.), please contact us before the first in-person session to discuss possible accommodations.

- Must be 15 years old on or before the final scheduled day of the course
- Complete pre-course online learning BEFORE the first in-person session
- Complete pre-requisite swim test during the first in-person session...
 - Phase 1: 150yd Swim – 2 Minute Tread – 50yd Swim
 - Phase 2: Timed Event
 - Starting in the water, swim 20yds
 - Perform surface dive to retrieve 10lb. object from the bottom of the pool
 - Return to the surface and swim 20yds on your back, keeping your face at the surface
 - Exit the water without using a ladder/stairs

Online Learning Pre-Course Requirement:

The online learning session of this course takes approximately 7 hours to complete. Online learning must be completed BEFORE the first in-person session of the course. Participants who do not complete the online learning will not be permitted into the course, will not receive certification, and will not receive a refund of course fees.

Course Completion

Participants who complete the course will be issued an American Red Cross Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid certification valid for 2 years.

To complete the LGI course, candidates must:

- Complete the pre-course online learning
- Complete the prerequisite swim test
- Attend and participate in the entire course and course activities
- Demonstrate knowledge acquisition and skill competency in all course objectives
- Successfully pass the final written exam with a minimum grade of 80%

ALAMANCE COUNTY COMMUNITY YMCA
1346 S Main St, Burlington, NC 27215
www.acymca.org | (336) 395-9622

Questions? Contact Briley Penner (Aquatics Director) at bpenner@acymca.org or (336) 395-9622 ext. 215
Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.