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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL LIFEGUARDING COURSE

## FRANKLIN COUNTY FAMILY YMCA

This course is designed to give participants the basic skills and knowledge needed to be lifeguards in pools. This comprehensive course offers up to date information on how to guard, anticipate, and prevent problems and to take action to help those in need. Red Cross CPR, First Aid, and AED certifications are included in the cost of the program. Participants must pass a swim test on the first day of class in order to remain registered. There is a no-refundable fee of \$75 for anyone who can not pass the swim tests.

**AGES:**

15+

**WHEN:**

Sept 21

6:00 am-7:30 pm

Sept 22-23

8:00-5:00pm

**COST:**

Members: \$200

Non-Members:\$225

**LOCATION:**

ROCKY MOUNT YMCA

235 Technology Dr.

Rocky Mount Va. 24151

