



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AMERICAN RED CROSS LIFEGUARDING

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 be at least 15 years old and able to pass a swim test on the first day of class in order to remain registered. Classes will be taught in the Blended Learning format, which means the participant must complete an online portion of the class PRIOR to the first day of class. This online section takes around 7-8 hours to complete. *There is a non-refundable fee of \$75 for anyone who can not pass the prerequisite swim test.*

AGES: 15+

WHEN: See Reverse

COST:

Members: \$275

Non-Members: \$350

Water Front Module: \$70

CLASS LIMIT:

4 participants per session

LOCATION:

ROCKY MOUNT YMCA

235 Technology Dr.

Rocky Mount Va. 24151



SESSIONS:

Times for all classes will be Friday 4-8, Saturday 9-5, Sunday 1-4

Session 1: March 11—March 13

Session 2: March 25—March 27

Session 3: April 1—April 3

Session 4: April 2—April 10

Session 5: May 13—May 25*

Session 6: May 26—May 28*

*Class times are 9:00AM—3:00PM all three days

Prerequisites :

LIFEGUARD COURSE: 300 YARD SWIM FRONTCRAWL OR BREASTSTROKE, 2MIN TREAD WATER WITHOUT USING HANDS. TIMED BRICK TEST(SWIM 25 YARDS, DIVE DOWN 9 FEET TO RETRIEVE 10 LBS BRICK AND THEN USING KICK ONLY SWIM IT BACK, CLIMB OUT OF POOL WITHOUT LATTER IN UNDER 1MIN 40 SECS

WATERFRONT: 600 YARD SWIM FRONTCRAWL OR BREASTSTROKE, 2MIN TREAD WATER WITHOUT HANDS. TIMED BRICK TEST (SAME AS LIFEGUARD) AND A 15 YARD SWIM UNDERWATER WITHOUT GOGGLES TO RETRIEVE 3 DIVE RINGS IN A SINGLE BREATH.

DEADLINE TO TAKE THE PRE TEST AND REGISTER IS ONE WEEK (7 DAYS) BEFORE THE FIRST DAY OF CLASS.