

BECOME A LIFE SAVER!



American Red Cross Lifeguard Training Course

3-TRAINING OPPORTUNITIES THAT WILL GET YOU CERTIFIED AS A LIFEGUARD, IN FIRST AID, AND CPR/AED

**Course will be in-person and on-line.
For strong swimmers 15 and up.**

Must be proficient in:

- Front Crawl
- Breast Stroke
- Side Stroke
- Elementary Back Stroke
- Treading Water (legs only for 2 min)
- Swim 550 yards continually (waterfront/lifeguard)
- Swim 300 yards continually (lifeguard)
- Retrieve 10# brick from bottom of pool

FEBRUARY BREAK INTENSIVE COURSE

February 21 through February 25
MWF from 2 - 7 pm & TuTh from 1 - 6 pm
FCY Member \$275 / Non Member \$325

.....

SPRING 1 SESSION COURSE

March 6 through April 3
Every Sunday from 11 am - 4 pm
FCY Member \$275 / Non Member \$325

.....

APRIL BREAK INTENSIVE COURSE

April 18 through April 22
MWF from 2 - 7 pm & TuTh from 1 - 6 pm
FCY Member \$275 / Non Member \$325

.....

RECERTIFICATION COURSE DATES

- Sunday 2/20 & Monday 2/21 1 - 6 pm
 - Saturday 3/19 & Sunday 3/20 11 am - 4 pm
 - Wednesday 4/20 & Friday 4/22 2 - 7 pm
- FCY Member \$150 / Non Member \$175
-

Must attend all classes to receive certification.
For recertification, must have current lifeguard, CPR, AED, & FA

.....

Sign at www.your-y.org/lifeguard or call the Welcome Center.
For more info, contact Aquatics at aquatics@your-y.org for details

