

 **American Red Cross**

LIFEGUARD TRAINING COURSE

At the Brainerd Family YMCA

Upon successful completion of the course, participants will have gained general knowledge of lifeguarding and will be qualified to guard at most facilities.

This course includes:

CPR for the Professional Rescuer, First Aid and A.E.D training

Participants must be at least 15 years old by the first day of class.

The following skills are a prerequisite to the course:

- SWIM 300 YARDS CONTINUOUSLY
- DIVE TO A DEPTH OF 9 FEET AND RECOVER A 10LB BRICK

If performance of prerequisite skills is not satisfactory, \$130 will be reimbursed only if their spot in the course can be filled. Participants will not be allowed to continue with this course until prerequisites are met.

Lifeguard Training Course Schedule:

Tuesdays, Nov. 17 – Dec. 15, 2009 (5 weeks) 5:00pm – 9:30pm

Bring picture ID with birth date for age verification (first class only), swimsuit, goggles, towel, highlighter, pencil & paper.

Total course cost including books \$210.00**

Registration Deadline is Monday, November 9th, 2009. Class size limited to 12 participants.

Class must be paid for when registering.

Stop by the Brainerd Family YMCA at 602 Oak St. in Brainerd to register or call in with major credit card (218) 829-4767

**** Please Note: No Reimbursements will be made to those who do not pass the written or Lifesaving-scenario tests. These are One-time tests per registration. NO RETAKES.**

For more information, contact Jane at jhansen@brainerdlakesymca.org or (218) 829-4767