

# American Red Cross **LIFEGUARD TRAINING COURSE**

At the Brainerd Family YMCA

**Total course cost including books and CPR Mask \$210.00\*\***

**Registration Deadline** is Wednesday, Feb 1, 2012. (Registration opens Jan. 9<sup>th</sup>)

Class size limited to 10 participants.

Class must be paid for when registering. (*Refunds only if cancelled 1 week prior to 1<sup>st</sup> class*).

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

## **Lifeguard Training Course Schedule:**

Friday, Feb 17, 2012 7:30-8:45pm Prerequisite skills testing – see skills below. (*Bring photo ID with birth date, swim suit and towel*)

Saturday, Feb 18, 2012 8:00am – 3:00pm (*bring bag lunch*)

Sunday, Feb 19, 2012 8:00am - 5:00pm (*bring swim suit, towel and bag lunch*)

Saturday, Feb 25, 2012 8:00am - 5:00pm (*bring swim suit, towel and bag lunch*)

Sunday, Feb 26, 2012 9:00am – 4:00pm (*bring swim suit, towel and bag lunch*)

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 also includes: CPR for Lifeguards, 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 prerequisites to the course:

- **SWIM 300 YARDS CONTINUOUSLY USING A COMBINATION OF FRONT CRAWL AND BREASTSTROKE**
- **SURFACE DIVE TO A DEPTH OF 9 FEET, RECOVER A 10LB BRICK AND RETURN TO SHALLOW WATER**

*Please come prepared to perform these skills. If performance of prerequisite skills is not satisfactory, participant will not be allowed to continue with this course. \$130 will be reimbursed only if that participant's spot in the course can be filled.*

**\*\* 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@blymca.org](mailto:jhansen@blymca.org) or (218) 829-4767