

Lifeguarding

American Red Cross Recertification & Challenge

Recertification Course:

Red Cross Lifeguard Recertification course. Participants in this course must pass prerequisite 300 yard swim (strong freestyle & breaststroke) and be previously certified as an American Red Cross Lifeguard (coming up for expiration or expired up to 1 year prior to the first day of class). This course includes review of in-water and on-deck lifeguarding skills, Standard First Aid review and CPR/AED for the Professional Rescuer review.

Dates & Times: June 10th, 5-8 PM

June 11th, 4-8 PM

June 12th, 10-6 PM

June 13th, 1-6 PM

Location: Cumberland YMCA—Riverside

Cost: YMCA Members \$125 Community \$175

Registration Deadline: June 1st

Challenge:

The purpose of a challenge is to give individuals the opportunity to demonstrate knowledge and skill competency outside a full-course setting. Participants have sole responsibility to prepare for the written and practical knowledge and skill evaluation. Anyone is eligible to participate in a challenge. If you are a current Red Cross Lifeguard you may challenge as often as the challenges are available (this is the only challenge the YMCA will be offering) and your certifications remain valid, paying for each challenge. If you are not certified as a Red Cross Lifeguard you may challenge ONCE ONLY. If you do not pass the challenge you must take a full course.

Dates & Times: April 30th, 5-8 PM

May 1st, 12-3 PM

Location: Cumberland YMCA—Riverside

Cost: \$50

Registration Deadline: April 26th

Passing of the review course or challenge is not guaranteed and refunds will not be given.

For inquiries contact Christine Posey, Aquatics Director & ARC Lifeguard Instructor