

LIFEGUARDING



Become a Certified American Red Cross Lifeguard!

Prerequisites:

- + At least 15 years of age
- + Must pass required 300 yard swim test during the Pre-course Session with strong knowledge of both Freestyle & Breaststroke

(See the website www.cumberlandymca.org for detailed prerequisite swim test information)

This course will teach participants all of the on-deck and in-water knowledge necessary to work as a lifeguard. Standard First Aid and CPR/AED for the Professional Rescuer are included in the course.

Class 1: Precourse Session - February 27th 10-11:30 am

Tuesdays, March 2nd-23rd 5:30-8 pm

Saturdays, March 6th & 13th 8 am-5 pm

Saturday, March 27th 8 am-12 pm

Class 2: Precourse Session - May 1st 10-11:30 am

Sundays, May 2nd & 16th 1-4 pm

Saturdays, May 8th-22nd 8 am-5 pm

Registration Deadlines: Class 1—February 22nd Class 2—April 26th

Cost: YMCA Members \$200 - Community \$250

What to bring: bathing suit appropriate for physical activity—recommend a one piece for women, 2 towels, pen/pencil

All cell phones will be turned off during class time

Passing of the course is not guaranteed and refunds will not be given

Contact Christine Posey, Aquatics Director & ARC Lifeguard Instructor with any inquiries at (301) 777-9622 or cposey@allconet.org.