

Fall 2011 Red Cross Lifeguard Programs



Become a Certified Lifeguard!

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

- 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. This course will teach participants all of the on-deck and in-water knowledge necessary to work as a lifeguard. First Aid and CPR/AED for the Professional Rescuer are included in the course. **Registration Deadline: October 15th**

Cost: YMCA Members \$200 - Community \$250 *All cell phones will be turned off during class time*

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

Dates & Times:- Saturday, October 22 from 9-10:30 am & 10:30-6:30 pm with lunch break, Sunday, October 23 from 9:00 –5:00 pm with lunch break. Monday, October 24 through Friday, Friday October 28 from 6-10 pm, *Test Day:* Saturday, Oct. 29 from 10 am to Noon

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. **Registration Deadline: October 31st**

Cost: YMCA Members \$125 Community \$175 *All cell phones will be turned off during class time*

Dates & Times: Sunday, Nov 6 from 10 am -6 pm, Monday Nov 7, & Tuesday, Nov 8 from 6-10 pm. Test Day: Thursday, Nov. 9 from 6 to 8 pm.

Challenge Course:

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. **Registration Deadline: October 15th**

Cost: \$50

Dates & Times: Monday, October 24 & Wednesday October 26 from 6-9 pm

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

Register at the Front Desk. Call Jamie Wright, Aquatics Director with any questions at (301) 777-9622 or jwright@allconet.org.