



LIFEGUARD COURSE

With Waterfront

Mondays & Wednesdays
April 29 - May 23*
6:00 - 9:00 pm

*Please note that the last day of the session is on a Thursday.



This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be Certified in CPR Pro for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration. Course covers safety skills, Accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard.

You must be able to attend all classes and times. This is a blended class with online portions which must be completed prior to in person sessions.

Life Guard Prerequisites: Minimum age of 16 by the last day of the scheduled course. Those under the age of 18 must have parental consent to participate in the course. Pass the following three-phased Physical Competency Requirements - please see back of flyer for qualifying swim details

Class Dates

| | | |
|------------------|-------------------|-------------------------|
| Monday, April 29 | Monday May 13 | <u>Thursday, May 23</u> |
| Wednesday, May 1 | Wednesday, May 15 | |
| Monday, May 6 | Monday, May 20 | |
| Wednesday, May 8 | Wednesday, May 22 | |

How To Register

1. **Successfully complete the pre requisite swim**

April 15th 6 -8:30pm

This is required (See the back of this flyer for details)

2. **Immediately following successful completion register at our Member Services Desk.**

Fee: Auburn YMCA Members: \$325

General Public: \$375

Interested in working at the Y? Contact our Aquatic Director to learn how to receive your training at no cost.

3. **Please be sure to submit your preferred email so that you can receive the information for the online portion of this class.**

** Note online portion must be completed prior to first in person class

Questions? Contact Erin Johnson 315.253.5304 ext 1012 or email erinj@auburnymca.net



Registration for this class requires successful completion of the following swim test.

Phase 1: Tread water for 2 minutes (legs only) .Swim 100 yards front crawl (freestyle)

Phase 2: Continuously swim 50 yards of each:, Front crawl with the head up, side stroke, Breaststroke and Breaststroke with the head up, Elementary backstroke kick with hands on the chest. Perform a feet-first surface-dive in 8 to 10 feet of water Then swim underwater for 15 feet.

Phase 3: Starting in the shallow end of the water, sprint for a distance of approximately 60 feet then perform an arm-over-arm surface dive in 8 to 10 feet . Pick up an object (dive ring) from the bottom of pool, surface and tread water for at least one minute with legs only, re-place the object back to the bottom of the pool where it was found. Swim the remaining length to end of pool, and hoist yourself out of water, immediately begin compression on an adult manikin for one minute or 100 compressions, stand and listen to directions from instructor.