

## Lifeguard/First Aid &

### CPR/AED Challenge courses

**LG Challenge:** This is for participants who have already been certified in the past as American Red Cross lifeguards, and need to recertify their lifeguarding. **Proof of past certification within the past four years is required.** A very brief review will be given, participants should review before class.

Cost

\$40.00 Members

\$60.00 Non-Members

Sat. May 16 11:00 – 2:00 pm

**CPR/AED Challenge:** This is for participants who have been certified in CPR/AED in the past and need to recertify. A very brief review will be given, participants should review before class.

Cost

\$40.00 Members

\$60.00 Non-Members

Sat. May 16 3:00 – 6:00 pm

# GUARD START

The American Red Cross Guard Start: Lifeguarding Tomorrow program is available to youth ages 11 - 14 years old, who have the desire to learn about the responsibilities and duties of a lifeguard. This program will help participants build a foundation of knowledge, attitudes and skills to become a future lifeguard.

**Prerequisites:** Ability to swim the front crawl for 25 yards continuously while breathing to the front or side. Ability to tread water using arms and legs. Ability to submerge and swim a distance of 10 feet underwater.

Guardstart will cover 5 main areas: Prevention, Fitness, Response, Leadership and Professionalism. Participants will receive a Guard Start workbook; videos and water skills will be used to instruct the course.

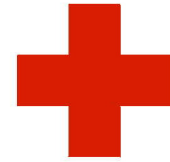
Cost \$65 Members \$85 Non-Members  
Dates: June 22 - 25 (Mon-Thurs) 9:00 a.m. – 12:00 p.m.

**Guard Start is not a lifeguarding certification.**

Registration Code: JUN09 07AQQGUARDSTA

Mary Perry Ragsdale Family YMCA  
900 Bonner Dr. Jamestown, NC 27282  
[www.ragsdaleymca.org](http://www.ragsdaleymca.org)

# LIFEGUARD TRAINING & Guard Start



**American Red Cross**



*The mission of the YMCA is to put Christian principles into practice through programs that build a healthy, mind, spirit and body for all.*

## **PREREQUISITES LIFEGUARD TRAINING COURSE**

The below skills will be tested at the beginning of the first day of class:

1) A 300 yard swim, there is no time limit. The first 100 will be freestyle, the second 100 will be breaststroke, and the last 100 is the participants choice of freestyle or breaststroke. There is no time requirement. You may use goggles for this portion. 25 yards = 1 length of the Ragsdale YMCA pool.

2) Swim 20 yards using front crawl or breaststroke, retrieve a 10 lb object (brick) from a depth of 9 feet and swim 1 length of the pool with the brick and exit the pool with your own strength within 1 (one) minute and 40 (forty) seconds.

3) You must turn 15 years old by the last day of class. You will need to provide proof of age.

If you do not meet the above requirements, you may not be eligible to continue the course. It is recommended that you swim laps prior to taking this class, due to the strenuous nature of this course.

If you have any questions please contact:

Katherine Page, Aquatics Director  
(336) 882-9622 ext. 235  
katherine.page@ymcagreensboro.org

## **AMERICAN RED CROSS CERTIFICATIONS LIFEGUARD TRAINING COURSE**

Lifeguarding/First Aid – valid for 3 years

CPR/AED for Lifeguards –valid for 2 years

Bloodborne Pathogens – valid for 1 year

**You must attend all classes, receive 80% or better on all written exams and perform satisfactory in-water skills to receive the above certifications.**

## **MATERIALS/OTHER INFORMATION**

You will be provided with the Lifeguard Manual and a pocket mask.

You will need to bring a swimsuit (one-piece recommended) and towel, pen or pencil and paper each day. You should expect to get wet everyday.

Bookwork, water work and videos will be used to instruct the course.

You will be given breaks; the YMCA has a snack and soda machine. You are also welcome to bring snacks, lunch or dinner with you. There is also a Subway and McDonalds located near the YMCA

## **CLASS DATES**

### **LIFEGUARD TRAINING COURSE**

### **JUNE CLASS:**

Thursday June 11 7:30 – 8:30 pm

Friday June 12 4:30 – 9:30 pm

Saturday June 13 9:00 am – 7:00 pm

Sunday June 14 9:00 am – 7:00 pm

Registration code: JUN09 07AQLGCLASSJ

\*A minimum of 6 participants must register or the course is subject to cancellation. Please register at the Rasgdale YMCA front desk.

### **Costs:**

\$175.00 Members

\$225.00 Non-Members

If you are unable to pass the initial skills test, your money is refundable. If you pass the initial skills test and then drop out, miss class or do not pass for any reason your money will not be refunded.

**You must attend all classes to pass.**

