



**AMERICAN RED CROSS LIFEGUARD TRAINING 2012 COURSE**  
**LAFAYETTE FAMILY YMCA**

**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Tuesday 2-28-12: 6:30 – 9:00 PM  
Thursday 3-1-12: 6:30-9:00 PM  
Tuesday 3-6-12: 6:30 – 9:00 PM  
Thursday 3-8-12: 6:30 – 9:00 PM  
Tuesday 3-13-12: 6:30-9:00 PM  
Thursday 3-15-12: 6:30 – 9:00 PM  
Tuesday 3-20-12: 6:30 – 9:00 PM  
Thursday 3-22-12: 6:30-9:00 PM  
Tuesday 3-27-12: 6:30 – 9:00 PM  
Thursday 3-29-12: 6:30-9:00 PM  
Tuesday 4-3-12: 6:30 – 9:00 PM  
Thursday 4-5-12: 6:30-9:00 PM

**ALL CLASS SESSIONS MUST BE ATTENDED IN ORDER TO BE ELIGIBLE FOR CERTIFICATION!**

**What to bring:** Participants must bring a swimsuit, towel and dry clothes for the  
Class room portions of the training.

**Where:** Class will be held at the Lafayette Family YMCA  
1950 South 18<sup>th</sup> Street  
Lafayette IN, 47905

**Class Fees:** \$225.00: Price includes all books, materials and certification fees.  
Class fees are non-refundable unless class is canceled.

**REFUNDS WILL NOT BE ISSUED IF A PARTICIPANT DOES NOT PASS THE COURSE**

Registration: Register in person, at the Lafayette Family YMCA. Registration is open Monday – Friday between the hours of 8:00 am and 7:00 PM.

Participants under 18 years of age must have a parent signature to register for class.

Registration deadline is Friday February 24, 2012

Contact Person: Julie Martin (765)-474-3448

**Course Purpose:**

The purpose of the American Red Cross Lifeguard Training course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, prevent drownings and injuries.

**Prerequisites:** Prerequisites will be tested the first day of class. Participants who do not pass the prerequisite test will be dismissed from the course and a refund will be mailed to you. Allow 2 weeks to receive refund.

- To be eligible for the Lifeguard Training course, the candidate must be 15 years of age on or before the final scheduled session of this course. The candidate must also successfully complete the following swimming prerequisites:
  1. Swim 300 yards continuously, using these strokes in the following order:
    - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
    - 100 yards of breaststroke using a pull, breath, kick and glide sequence.
    - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.
  2. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

**CPR for the Professional Rescuer, First Aid and AED training is also required. You will receive these certifications through this course.**