

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 drowning, and injuries.

Why Take Lifeguard Training?

Learn New Skills!

Provide a Safe Swimming Environment!

Become a Leader!

Perfect Communication Skills!



Gain Confidence!

Make new Friends!

Gain work Experience!

Help Others!

AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

**TO BE OFFERED
AT THE
LAFAYETTE FAMILY
YMCA**



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

Prerequisites

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, within 2 weeks.

To be eligible for the Lifeguard Training course, candidates must be 15 years of age on or before the final scheduled session of this course.

Lifeguard candidates must successfully complete the following swimming prerequisites:

- 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.
- 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 on your 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 to be a lifeguard. You will receive all of these certifications through this course.

Class Dates and Location

SPRING BREAK CLASS #1:
MONDAY—THURSDAY
March 14th—17th
9am-4PM or

SPRING BREAK CLASS #2:
March 21st-24th
9am-4PM

CLASS #2:
Friday: April 1st: 5 PM—9 PM
Sat. April 2nd: 9:30am—6 PM
(45 min. lunch)
Friday: April 8th: 5 PM—9PM
Sat.: April 9th: 9:30am—6 PM

CLASS #3:
Friday May 6th: 5 PM—9 PM
Sat. May 7th: 9:30 AM—6 PM
(45 min. lunch)
Friday: May 13th: 5 PM—9PM
Sat. May 14th: 9:30 AM—6 PM

ALL SCHEDULED DATES MUST BE ATTENDED IN ORDER TO BE ELIGIBLE FOR CERTIFICATION!

Classes will be held at the YMCA

**1950 South 18th
Lafayette, IN 47905**

Course Fees and Registration

Course Fees: \$200.00

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. If under 18, your parent must sign release of waiver when you register.

Registration is open
Monday – Friday 8AM to 9PM,
Saturday 8AM–5PM
Sunday 1PM–5PM

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



Contact Person:

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