

YMCA LIFEGUARD TRAINING

Olympia Downtown YMCA
510 Franklin St SE, Olympia, WA

Dates: June 18th-June 22nd, 2008

Registration: June 4th-June 16th

PURPOSE: This course provides the skills and knowledge needed to prevent and respond to aquatic emergencies. The materials and activities prepare prospective lifeguards to recognize and respond quickly and effectively to emergencies, prevent accidents and injuries.

PREREQUISITES: Pass swim evaluation (see below***); be at least 15 years of age by the last day of class.

***Swim continuously for 300 yards (6 laps) using front crawl for 100 yards with rhythmic breathing; 100 yards breaststroke; 100 yards either stroke or a combination of the two. Starting in water, swim 20 yards front crawl/breaststroke, surface dive 7-10 feet, retrieve 10 pound object, return to surface, swim back to start with both hands on brick/face out of water/brick at surface, place brick on deck, exit water w/o using ladder or steps, stand behind brick, within 1 minute & 40 seconds. This must be executed w/o stopping or touching pool bottom.

DATES & TIMES: **Pretest: Wednesday June 18th at 8 pm to 9 pm**
 Thursday June 19th 6:00 pm to 9:00pm
 Friday June 20th 4:00 pm to 10:00pm
 Saturday June 21st 8:00 am to 6:00pm
 Sunday June 22nd 8:00 am to 6:00 pm

MATERIALS: Materials may be purchased at the Red Cross Office. Participants need a Rescue Mask and Lifeguarding Manual

FEES: Full Members = \$165 Basic Members = \$195

Please note that successful completion of this class earns you not only a Lifeguard Certification but also CPR for the Professional Rescuer, First Aid, and Automated External Defibrillation.

NOTICE: This class does require physical exertion and it is advised that participants get a physician's clearance prior to class. Please advise the instructor about any physical or medical concerns that may impact participation in this class. This class has no make-up time built into the course and attendance at all classes is required.

CERTIFICATION REQUIREMENTS: Successfully perform all required skills. Successfully complete final skill scenarios. Pass each exam section with 80% or higher. Attend all classes.

INSTRUCTOR: Aquatic Coordinator, Tanya Bowers-Anderson, Lifeguard Instructor Trainer, with over 30 years experience as a lifeguard instructor and as a lifeguard). There may also be other instructors helping with portions of the course. Please contact instructor at 357-6609, ext. 2115 for more information.



Y LIFEGUARD™

We build strong kids, strong families, strong communities.