

YMCA LIFEGUARD TRAINING

Olympia Downtown YMCA
510 Franklin St SE, Olympia, WA

Dates: March 19-28, 2010

Registration Deadline: March 15, 2010

YLIFEGUARD™

We build strong kids, strong families, strong communities.

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 old 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 without using ladder or steps, stand behind brick, within 1 minute & 40 seconds. This must be executed without stopping or touching pool bottom.

DATES & TIMES:

Pretest: Friday March 19th	at 6:00 pm to 9:00 pm
Saturday March 20th	8:00 am to 5:00 pm
Sunday March 21st	8:00 am to 5:00 pm
Friday March 26th	6:00 pm to 9:00 pm
Saturday March 27th	8:00 am to 5:00 pm
Sunday March 28th	8:00 am to 5:00 pm

MATERIALS:

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

FEES:

Full Members = \$170 Basic Members = \$200

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.

INSTRUCTORS:

Tanya Bowers-Anderson and Jackie Barratt, Lifeguard Instructor Trainers, with over 45 years combined experience as lifeguard trainers and as lifeguards. Please contact us at (360) 918-0270 for more information.



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