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EDUCATE ADVOCATE SAVE LIVES



Red Cross Lifeguard Certification

Learn the skills and knowledge required to become an American Red Cross lifeguard, including how to recognize, prevent and respond quickly to aquatic emergencies. Learn CPR for the Professional Rescuer, AED, and First Aid. This course incorporates in-person, in-water, and online components. Participants will receive certifications after attending all class sessions, passing all written exams, water skills and tests. Payment of class fees does not guarantee Lifeguard certification. Prerequisites: Participant must be 15 years of age or older and pass a swimming pretest. The skills tested include: swimming 300 yards of front and breast stroke; swimming 20 yards to retrieve a 10-pound weight in 9 feet of water and then 20 yards back to the starting point; and treading water for two minutes. Lifeguard, First Aid and CPR for the Professional Rescuer certifications are valid for 2 years.

When

Lifeguard Class — Fall 2018

Saturday, October 6, 2018 - 11:00am - 7:00pm

Saturday, October 13, 2018 - 11:00am - 7:00pm

Saturday, October 20, 2018 - 11:00am - 7:00pm

*Attendance is required for all dates and times. After Registration participants will receive an email with the online link for the online components. All online work must be done prior to the first class. Please bring swimsuit, towel, pencil, and paper to all sessions. Goggles will not be permitted so bring glasses or contact case if applicable.

Cost

\$125 for NSYMCA Members / \$150 for Non-Members

- Questions—Contact Missy Contri at mcontri@nsymca.org

Employment Opportunities available. The YMCA is always looking for lifeguards and swim instructors. Apply today.



NORTH SUBURBAN YMCA
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