



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROTECT LIVES

## Cumberland Cape Atlantic YMCA American Red Cross -LIFEGUARDING COURSE



**Do you know how to swim? Want to make a positive impact on the lives of other people? Train to save lives!**

Join us this August for the ARC Lifeguard Training course! This class prepares you for a lifeguard position. Participants must pass the Pre-Screening session to register for the ARC Lifeguard class.

### **PREP/PRE-SCREENING SESSION:** (Pre-Register; may attend more than 1 day for skills prep help) Practice and improve skills and/or complete the pre-screening skills requirement

**\*\*Students under age 18 must have a parent present at the Y facility to sign the Y Member/User Facility and COVID waiver before attending this program**

**Monday, December 6 – 7:00pm**

**Monday, December 13 – 7:00pm**

**Tuesday, December 7 at 4:45pm**

**Tuesday, December 14 at 4:45pm**

**Fee per class: FREE- Facility Members    \$3.00 – Program members    \$4.00 – Community members**

#### Swimming skills pre-screening test:

1. 300 yard continuous swim –Freestyle or Breaststroke only; may use goggles
2. Timed Event – Swim 20 yards, Surface dive 7-10 feet, retrieve a 10-pound brick and swim 20 yards holding brick with both hands and keeping face at or near the surface so able to get a breath, & exit water without using ladder or steps, without goggles (within 1 minute and 40 secs.).
3. Tread water for 2 minutes using only legs. With hands under armpits

### **ARC LIFEGUARD COURSE– BLENDED LEARNING:**

-Individuals who complete the prerequisite swimming skills are eligible to sign up for the Lifeguard Training course. This is a Blended Learning class and will require online training to be done on a computer or tablet and virtual class sessions on Zoom as well as in person manikin and water rescue skills.

-Successful performance of the above Prescreening skills and be 15 years old.

-Successful completion of assignments, written test, and water skills are required for certification.

Course includes all the up to date course/materials for Lifeguard, First Aid, CPR and AED certifications.

-Classes will meet 4:00 – 9:30pm(approximately) December 21, 23, 27-30 for approximately 24 hours of course time. **\*One date will be held off site for deep water skills.**

**100 % Attendance required for ALL scheduled dates**

**Fee LG Cert class: Facility members: \$200.00    Program/Community members: \$250.00**

**Fee includes ARC LG manual, pocket mask and fanny pack and certification fee**

**\*For December Lifeguarding Recertification, please attend one of the pre-screening sessions above and speak with instructor\***  
Please contact the Member Services Desk, Mary Desjardins [aquatics@ccaymca.org](mailto:aquatics@ccaymca.org) or Jennifer – [helm@ccaymca.org](mailto:helm@ccaymca.org) with any questions.

