



# Lifeguard Pre-Screen Session

**Saturday, April 29: 12:30pm; Tuesday, May 2: 6:30pm;  
Thursday, May 4: 7:30pm; Thursday, May 11: 7:30pm;  
Saturday, May 13: 12:15pm; and Monday, May 15: 4:30pm**

**Attend 1 or as many dates needed to complete pre screening skills.**

## **Lifeguard Blended Learning Course: May/June 2023 (24+ hours in person)**

### **Fee per class:**

**Facility Members: Free; Program members: \$4.00; Community members: \$5.00**

**\*Non Y members under 18 need a parent present at check in to sign YMCA Facility waiver; allow 15-20 minutes for check in paperwork processing**

### **ARC Lifeguard Pre-screening Swim Skills:**

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.

**Must successfully complete all pre-screening skills and be 15 years or older to register for Lifeguard Certification classes**

### **For more information please contact:**

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