



Lifeguard Pre-Screen Session

**Sat, Jan. 21 @ 10:30am; Wed, Jan. 25 @ 8:15pm;
Tues, Jan. 31 @ 4:45pm; or Sat, Feb 4 @ 11:00am
Attend 1 or as many dates needed to complete pre screening skills.**

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**

**Stop in or give us
a call to register!**

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 class

Lifeguard Blended Learning Course: Spring 2023 (24+ hours in person)

For More Information

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