



# Lifeguard Pre-Screen Session

**Tues, March 21 @ 4:45pm; Thurs, March 23 @ 7:30pm;  
Sat, March 25 @ 11:30am; Mon, March 27 @ 6:00pm;  
Mon, April 3 @ 5:30pm**

**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 or Lifeguard Recertification classes**

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

### **For More Information**

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