



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAINED TO SAVE

AMERICAN RED CROSS LIFEGUARDING COURSES

Spring 2023

If you know how to swim, and are looking for a job with a pool view, we have you covered! It's never too early, or too late, to become a lifeguard. Starting at age 15, our lifeguarding courses will give you the skills you need to be a leader in the Aquatics area.

LIFEGUARDING PREP/PRE-SCREENING SESSIONS*:

- Pre-register for the date you wish to attend; can attend more than one day if needed
- Practice/improve upon your skills, or complete the pre-screening skills requirement for the upcoming courses!
- Fees per date:
 - FREE for Facility Members
 - \$4.00 for Program Members
 - \$5.00 for Community Members

*Students under the age of 18 must have a parent present at the Y facility to sign the Y Member/User facility waiver before attending the program

SESSION DATES:

- Saturday, April 29th – 12:30pm
- Tuesday, May 2nd – 6:30pm
- Thursday, May 4th – 7:30pm
- Thursday, May 11th – 7:30pm
- Saturday, May 13th – 12:15pm
- Monday, May 15th – 4:30pm

SWIMMING SKILLS NEEDED TO PASS THE PRE-SCREENING TEST FOR LIFEGUARDING COURSES:

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

Cumberland Cape Atlantic YMCA

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AMERICAN RED CROSS LIFEGUARDING COURSE – BLENDED LEARNING

- Individuals who complete the prerequisite swimming skills are eligible to sign up for the Lifeguarding Training courses. This is a Blended Learning class and will require online training to be done on a computer or tablet and in person manikin and water rescue skills.
- Successful performance of the 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.
- 100% attendance is required for ALL scheduled dates.

COURSE DATES:

- Monday, May 22: 4:45–9:00pm
- Tuesday, May 30: 4:45–10:00pm
- Monday, June 5 : 4:45–9:00pm
- Tuesday, June 13: 4:45–10:00pm
- Saturday, June 17: Time/location to be announced

FEES:

- Facility Member: \$200
- Program/
Community Member: \$250

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



AMERICAN RED CROSS LIFEGUARDING RECERTIFICATION COURSE:

- This course is for those that already have a current American Red Cross Lifeguarding certification. Reviews course updates and perform all the skills from the 2017 Lifeguarding Manual. Must show proof of current certification, and bring 2017 ARC Lifeguarding manual and adult and pediatric resuscitation masks (available for purchase)
 - Must also complete the prerequisite swimming skills to be eligible to sign up for the Lifeguarding Recertification Training course. (See page 1)

Dates/Times: Tues., May 30, 4:45 – 10pm, Tues., June 13, 4:45 – 10pm, and Saturday, June 17 – Time and location TBD

CONTACT MARY DESJARDINS FOR MORE INFORMATION

Fees: Facility Member – \$100.00
Program/Community Member – \$125.00

Please contact
Mary Desjardins aquatics@ccaymca.org
or Jennifer Helm helm@ccaymca.org
with any questions

WATERFRONT LIFEGUARDING MODULE

The optional Waterfront Lifeguarding Module will be offered in June. Contact us for more information if you are interested in this additional certification after you are Lifeguarding certified or have a current Lifeguarding certificate. Certification is for guarding at beaches, lakefronts, bays, and rivers. Pre-screening skills requirement, see below.

Fees: Facility Member – \$55.00

Program/Community Member – \$70.00

SWIMMING SKILLS PRE-SCREENING TEST FOR WATERFRONT LIFEGUARDING MODULE:

1. 550 yard continuous swim – a mix of front crawl and/or breaststroke. Use of goggles are permitted. Swimming on back or side is not allowed.
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.
4. Swim 5 yards, submerge and retrieve 3 dive rings placed 5 yards apart in 4–7 feet of water, resurface and continue to swim another 5 yards.