



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREPARE NOW FOR A JOB AS A LIFEGUARD!

Red Cross Lifeguarding Course
SALEM FAMILY YMCA

Strict pre-requisites apply and pre-registration is required no later than December 20th. Must attend all classes to become certified!

Course Details:

December 22nd, 8:30 AM - 5:00 PM
December 23rd, 1:00 PM - 5:00 PM
December 27th, 8:30 AM - 4:00 PM
December 28th, 8:30 AM - 3:00 PM

Cost:

\$185/Members
\$205/Non-members
Course includes Lifeguarding, First Aid
& CPR/AED training

**See back page for additional
details.**



REGISTER TODAY AT:
FAMILY YMCA OF MARION & POLK COUNTIES
685 Court Street NE, Salem, OR 97301
P 503 581 9622 www.theYonline.org



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RED CROSS LIFEGUARDING COURSE

Class pre-requisites (verified on first class session):

- Participant must be 15 years of age by the course completion date.
- Participant must be able to perform a 300 yard continuous swim using the front crawl, breast-stroke or a combination of both.
- Participant must tread water for 2 minutes without support and without stopping only using their legs. Head must remain above the surface of the water.
- Participants must swim a distance of 20 yards, surface dive into 7 to 10 feet of water, retrieve a 10 pound object, return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping face at or near the surface, exit without using a ladder within 1 minute and 40 seconds.

To pass the class:

- Participant must attend 100% of class sessions - *no make-up classes are offered.*
- Participant must actively participate, demonstrate a positive attitude, and high level of maturity throughout all class sessions.
- Participant must read each chapter and complete all assigned homework on time.
- Participant must pass all instructor assigned scenarios during the skills portion of the course.
- Participant must pass the written exams with a score of 80% or higher.

If participant does not pass the pre-requisites:

Participant must withdraw from the certification course and may receive, upon request, an in-house credit for the value of the class *less \$50.*

Withdrawing from course:

If any participant withdraws from the certification course during or after the second class no credit or refund will be issued. Withdrawing prior to second class is treated as if participant did not pass the prerequisite.

What to bring to each class:

Pen or pencil, sack lunch, snacks and water bottle (no glass bottles), swim suit, towel & whistle.