



## SILVER FALLS FAMILY YMCA

# Become an American Red Cross LIFEGUARD

Pre-requisites apply. **Pre-registration is required no later than 5:00p, May 20th, 2019.**

Participant must attend all scheduled classes to become certified.

### Class Dates:

May 22nd, 5:00p - 6:00p (Pre-req. night)

May 24th, 3:30p - 6:30p

May 25th, 10:00a - 2:00p

May 31st, 3:30p - 6:30p

June 1st, 12:00p - 2:00p



**Cost:**    **Members: \$185** (plus additional \$40 certification fee to Red Cross)

**Non-Members: \$205** (plus additional \$40 certification fee to Red Cross)

Course includes: Lifeguard, First Aid & CPR/AED training.

### Requirements:

- 15 years of age or older
- Pre-requisites will be completed during first class date.
- Participant must be able to swim 300yds continuously using front crawl or breaststroke or a combination of both
- Participant must be able to tread water for 2 minutes without support and without stopping, using only legs. Head must remain above the surface of the water.
- Participant must swim a distance of 20 yds, surface dive into 9 feet of water, retrieve 10 pound object, return to the surface and swim 20yds 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.
- Participant must attend 100% of class sessions-*no make ups are offered.*
- Participant must pass written exam with a score of 80% or higher.

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

Contact Hannah Starr for more information at [hstarr@theyonline.org](mailto:hstarr@theyonline.org) or call the pool at 503.873.6456