



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME A JUNIOR LIFEGUARD!

SILVER FALLS FAMILY YMCA

WHO: All are welcome, ages are 11– 14.

WHAT: Interested in someday becoming a lifeguard? Start getting the basics now!

Course does not actually certify child in First Aid/CPR/Lifeguarding.

WHEN: Pre-course: June 14, 2019 | 5:00p (**Must pass pre-course to continue in class**)

June 17 – June 21, 2019 | 9:00a – 12:00p

COST: Members: \$125/child Non-members: \$150/child

Once you pass the course you'll have the opportunity to work alongside our Lifeguards by assisting them in open swims or help in our swim lessons throughout the summer.

PRE-COURSE:

- 25yds of front crawl continuously while breathing to the front or side.
- 25yds of breast stroke using a pull, breathe, kick and glide sequence.
- Tread water for 1 minute using arms & legs.
- Show a level of comfort on the back for 30 seconds using the elementary back stroke or back crawl.
- Submerge and swim a distance of 10 feet under water.



For more information contact us at 503.873.6456 or by email at hstarr@theyonline.org