SKILLS TO SAVE A LIFE

YMCA LIFEGUARD TRAINING

Includes CPR for the Professional Rescuer with AED & Oxygen Administration and First Aid

Meets: PRETEST-SUN 10/19/14
At: 8:30AM

Lifeguard candidates that are able to complete the pre-requisite skills (see reverse) test at 8:30am on 10/19/14 will stay and complete the first day of class.

Candidates not able to complete skills will be excused at approximately 10am.

See reverse for skill requirements and important information.

Cost: $300
PRE-REGISTER IN PERSON AT FRONT DESK
NO WALK-INS ON THE DAY OF PRE-TEST

GET ENGAGED:
ymcanyc.org/crossisland
Facebook.com/CrossIslandYMCA

CROSS ISLAND YMCA
238-10 HILLSIDE AVE., BELLEROSE, QUEENS
718-479-0505 ymcanyc.org/crossisland
YMCA LIFEGUARD TRAINING

REQUIREMENTS:

Participants must be 16 years of age and a proficient swimmer.

Must be able to perform the following prerequisites to begin the course:

- Tread water for 2 minutes using legs only
- Swim 100 yards of front crawl
- Swim 50 yards of each: Front crawl with head up, Sidestroke, Breaststroke, Breaststroke with head up and Elementary backstroke with hands on the chest.
- Perform a feet first surface dive in 10 feet of water then swim underwater for 15 feet.
- Sprint approximately 60 feet surface dive to a depth of 8 feet, perform a head first surface dive, Pick up an object on bottom of pool bring it to the surface, tread for at least 1 minute and then return it to the bottom where it was found, surface from bottom of the pool swim remaining distance exit pool without using ladder and immediately begin 100 chest compression on mannequin, stand follow verbal instructions from instructor, walk to lifeguard stand, sit in chair, look at an object indicated by instructor, scan the pool area and find matching object, stand blow your whistle and project voice across pool.

Lifeguard candidates MUST attend and participate in all 10 classes. Successful completion of all practical skills and a minimum of 80% on all written exams is required to become certified.

Classes will meet Sundays (8:30am–3:30pm) and Thursdays (6:00pm–9:00pm) for 5 weeks

Course will include classroom lecture, skill practice in classroom and pool and eLearning.