



Wilkes-Barre YMCA LIFEGUARD V6 TRAINING COURSE SCHEDULE

- Participants must pass a pre-course swim test in order to take the Full Courses.
- Minimum age of 16 on or before the final day of class
- Participants must attend all days/times for the course.
- Participants will pay the non-refundable registration fee to enroll in the Courses. After passing the pre-course swim test they will pay the balance of the course fee in order to receive course materials.
 - Full Course participants will receive a hip pack, CPR mask set, whistle & lanyard.
 - Crossover Participants will crossover from Red Cross to YMCA certification & should bring their CPR mask set, whistle & lanyard to class. This will certify participants for two years.
 - ALL COURSES ARE BLENDED LEARNING. UPON REGISTRATION INFORMATION WILL BE EMAILED FOR PARTICIPANTS TO COMPLETE ALL CLASSROOM PORTIONS OF THE CLASS PRIOR TO THE FIRST DAY OF CLASS.

Full Course #1 April Course	Full Course #2 May Course	Full Course #3 June Course	Full Course #4 July Course
Saturday, 3/31: 8:00am (Pre-course Swim Test) Saturdays 4/14, 4/21 & 4/28 8am-4pm each day.	Saturday, 4/21: 8:00am (Pre-course Swim Test) Saturdays 5/5, 5/12 & 5/19 8am-4pm each day.	Saturday, 5/19: 8:00am (Pre-course Swim Test) Saturdays 6/2, 6/9 & 6/16 8am-4pm each day	Saturday, 6/30: 8:00am (Pre-course Swim Test) Saturdays 7/14, 7/21 & 7/28 8am-4pm each day
Crossover Course #1 April Course	Crossover Course #2 May Course	Crossover Course #3 June Course	Crossover Course #4 July Course
Saturday/Sunday April 7 & 8 7th: 8am-4pm 8th: 8am-2pm	Sunday/Saturday May 20 & 26 20th: 8am-2pm 26th 8am-4pm	Saturday/Sunday June 23 & 24 23rd: 8am-4pm 24th: 8am-2pm	Saturday/Sunday July 7/8 7th: 8am-4pm 8th: 8am-2pm

ALL Course Fees: \$50 non-refundable Registration Fee. This reserves your place in the course.
Those who successfully pass the Pre-course Swim Test then pay the course fee shown below

FULL Course YMCA Member: \$170
 Non-Member: \$200
Crossover Course: YMCA Member: \$75
 Non-Member: \$95

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PRE-COURSE SWIM TEST

1. Tread water for 2 minutes • Swim 100 yards of front crawl
2. Survival strokes (6 minutes) Take a few minutes to review strokes and share critical features and tips for each stroke.
 - Elementary backstroke
 - Breaststroke
 - Sidestroke
 - Surface dives
 - Arm-over-arm surface dive

Endurance swim

 - Swim 50 yards each of:
 - Front crawl with head up
 - Sidestroke
 - Breaststroke
 - Breaststroke with head up
 - Elementary backstroke kick with hands on the chest
 - Perform a feet first surface-dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.
3. Have participants start in the water at shallow end.
 - Sprint for approximately 60 feet, and then perform an arm-overarm surface dive in 8 to 10 feet of water (or maximum depth of training facility).
 - Surface and swim the remaining length to the end of the pool, and hoist yourself out of water without using a ladder or other assistance. Immediately begin compression on an adult manikin for 1 minute or 100 compressions
 - Quickly walk over to an elevated lifeguard stand, climb onto lifeguard stand, sit down; look near your feet for a colored shape. • Scan and identify and find the matching colored shape while scanning the pool area.