



American Red Cross LIFEGUARD TRAINING At the Wilkes-Barre YMCA

- Participants must pass a pre-course swim test in order to take the Full Courses.
- Minimum age of 15 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.
 - Renewal Participants will should bring their CPR mask set, whistle & lanyard to class. This will certify participants for two years.
 - A Welcome Letter will be emailed to course participants upon registration with detailed information about the course they are taking.
 - ALL COURSES ARE BLENDED LEARNING. The e-learning must be completed prior to the first skill session.

Full Course November Course
Sunday, 11/11/18: 9:00-10:00 a.m. (Pre-course Swim Test) Skill Sessions: <ul style="list-style-type: none"> • Friday, 11/23/18: 8:30 a.m. - 4:30 pm • Saturday, 11/24/18: 8:00 a.m.-4:00 p.m. • Sunday, 11/25/18: 8:00 a.m.-12:00 noon
Review Course (must be currently certified American Red Cross Lifeguard to attend this course) November Course
Saturday, 11/10/18: 7:30 a.m.-5:00 p.m.

ALL Course Fees: \$50 non-refundable Registration Fee. This reserves your place in the course.

Full Course students who successfully pass the Pre-course Swim Test then pay the course fee shown below

	Full Course YMCA Member	Full Course Non-Member	Review Course YMCA Member	Review Course Non-Member
Registration Fee	\$50	\$50	\$50	\$50
Course Fee	\$170	\$200	\$75	\$95
Total Fee	\$220	\$250	\$125	\$145

****Please see reverse side for Pre-Course Swim Test Details****

PRE-COURSE SWIM TEST

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water.
 - Exit the water without using a ladder or steps.