Fall and Winter Lifeguard Training

**Lifeguard Courses:**

- **November 25-27** 9:00a.m.– 6:00p.m.
- **December 27-29** 9:00a.m.– 6:00pm

This course will provide participants with a two year certification in American Red Cross Lifeguarding, First Aid, and CPR/AED. There must be a **minimum of 4 participants** to start the course. If the minimum is not met, participants will receive a 24 hour notice of cancellation. (refunds will be processed) The lifeguard manual is a required reference for this course, and can be downloaded from the Red Cross website at no cost. **A CPR mask and case is included in the cost of this course.**

**Lifeguard Review Course:**

- **December 30 &31** 10:00a.m.-5:00p.m.

This course provides a re-certification for lifeguards who have been **previously certified**. Participants will receive a two year certification in American Red Cross Lifeguarding, First Aid, and CPR/AED. There must be a **minimum of 4 participants** to start the course. If the minimum is not met, participants will receive a 24 hour notice of cancellation. (refunds will be processed)

**Requirements for Lifeguard Courses:**

**Full Lifeguard Course** candidates must be 15 years old before the last date of the course which enrolled. Candidates for the full lifeguarding course must pass the pre-course swim test before registration. Call 336-354-1589 ext 307 to schedule a swim test. Participants must pass all three skills in order to register for the class.

**Pre-Registration Requirements:**
1. The candidate must first swim 300 yards continuously consisting demonstrating use of freestyle or breast stroke. Swimming on the back or side is not allowed.
2. After completing the 300 yard swim, candidates must demonstrate the ability to tread water continuously without the use of their hands or arms (hands must be under candidate’s armpits) for 2 minutes.
3. For the final skill of the pretest, a candidate will enter the water from one end of the pool, swim 20 yards and retrieve a brick from a depth of 7 feet, and return to the entry point on their back carrying the brick on their chest. The candidate must remove the brick from the water and exit the water. This skill must be completed in under 1 minute and 40 seconds.

**Lifeguard Review Courses:**
Candidates must be **currently certified** in American Red Cross Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer. If the candidate’s certification has lapsed, a full lifeguarding course must be taken.

* YWCA does not issue refunds for classes missed or if a student fails to pass any section of the class

**Course Instructor:**
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**Course Location:**
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