



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHALLOW WATER ARC LIFEGUARD CERTIFICATION



GEYER FAMILY YMCA

American Red Cross

Shallow Water Lifeguard Certification 5ft

LIFEGUARD PRE-COURSE TEST DATES – Fee \$35
(Choose 1 Option below) - Complete prior to register for LG Class

- ◆ Monday, April 29 @ 7:30pm
- ◆ Wednesday, May 29 @ 7:45pm
- ◆ Monday, June 10 @ 7:30pm

1. **Swim-Tread-Swim Sequence:** Swim 50yards using the front crawl, breaststroke or a combination of both. After swimming 50 yds, maintain position at the surface of the water for 2 minutes using only legs, floating or both. After maintaining position at the surface of the water for 2 minutes, swim 50 yards.
2. **Timed Event**—Starting in the water, swim 20 yards, surface dive to a depth of 5 feet, retrieve a 10 pound object, return to surface and walk or swim 20 yards by holding the object at the surface with both hands and exit the water without using a ladder or steps, in 50 seconds (goggles are not permitted).

SHALLOW WATER LIFEGUARD 5FT FULL COURSE –Successful completion of the Lifeguard pre-course and 6 hours of blended learning completed before first class, once enrolled in a class the offering link will be sent to the registered participant approx. 10 days prior to class start date.

Members \$340 & Non-Members \$365

Offering 1: Friday, May 10 (4-9pm)
Saturday, May 11 (1-6pm)
Friday, May 17 (4-9pm)
Saturday, May 18 (1-6pm)
Sunday, May 19 (10am-3pm)

Offering 2: Friday, June 21 (10am-6pm)
Sunday, June 23 (10am-2pm)
Friday, June 28 (10am-6pm)
Sunday, June 30 (10am-2pm)

Participants materials to bring to class (not provided) lifeguard hip pack, whistle/lanyard and adult and infant resuscitation masks.

Attendance at all scheduled classes is required. \$50 class change fee and no refunds given with less than 48 hours before class start time, without a Dr’s note.

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