

FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

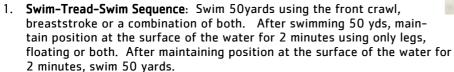
SHALLOW WATER ARC LIFEGUARD CERTIFICATION

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



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.

GEYER FAMILY YMCA

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