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FOR HEALTHY LIVING  
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# SHALLOW WATER ARC LIFEGUARD CERTIFICATION

GEYER FAMILY YMCA

**American Red Cross**

**Shallow Water Lifeguard Certification 5ft**

**LIFEGUARD PRE-COURSE TEST DATES – Fee \$36**  
(Choose 1 Option below) - Complete prior to register for LG Class

- ◆ Friday, March 14 @ 6:45PM
- ◆ Friday, March 21 @ 6:45PM

1. **Swim-Tread-Swim Sequence:** Swim 50 yards 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:** Friday, April 4 (4-9pm)  
Saturday, April 5 (1-6pm)  
Friday, April 11 (4-9pm)  
Saturday, April 12 (1-6pm)  
Sunday, April 13 (10am-3pm)



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.**

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