



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Fall 2020 LIFEGUARD CERTIFICATION COURSES

### YMCA OF SOUTHEASTERN NORTH CAROLINA

The American Red Cross Lifeguard Certification Training is designed to provide participants the knowledge and skills necessary to be a lifeguard and professional rescuer. Training course includes lifeguard training, CPR for the professional rescuer and first aid training.

#### PREREQUISITES

All candidates must be 15 years old before last day of class. Females must wear a one piece swimsuit and candidates must be pre-registered prior to start of class.

A prerequisite swim test will be offered the first night of the course. Students must pass the test to be eligible to take the course. The swim test consists of:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
  - Retrieve a 10lb dive weight from 9 ft deep
  - Surface and swim 20 yds with the weight, using legs only
  - Exit the pool without using a ladder
4. Complete the online blended learning portion prior to the first day of class. Participants will receive the link for the online portion when they pre-register.

#### PRICING

Y Member: \$200.00

Program Participants: \$225.00

#### FALL SESSION(S)

September 19 and 26 9:00am-5:00pm (Both Saturdays)

#### LOCATION

Robert Strange Pool

401 10<sup>th</sup> St. Wilmington, NC

#### CONTACT

**Tami Carpenter, Aquatics Director**

Nir Family YMCA

2710 Market St. Wilmington, NC 28403

(910) 251-9622 x254

[Tami.Carpenter@ymcasenc.org](mailto:Tami.Carpenter@ymcasenc.org)