

BUILD A SKILL SAVE A LIFE

American Red Cross Certifications



LIFEGUARD TRAINING COURSE

AGES 15 & UP

Includes Lifeguard Training, CPR for the Professional Rescuer, and First Aid training.

Session 1: Saturdays 12:00pm-4:00 pm February 16 - March 16

***** This is a hybrid class- students will be completing lessons and watching videos at home while class meetings will be primarily focused on skill work.**

Session 2: Mondays / Wednesdays 6:00-9:00pm April 22- May 22

*****This is a traditional class- students will be completing lessons and watching videos in class meetings in addition to completing skills**

Fee: Y member: \$225.00 / Program Participant: \$250.00

A prerequisite swim test will be offered the first night of the course. Students must pass the test in order 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.

Starting in the water, swim 20 yards.

Surface dive, feet-first or headfirst, to a depth of 9 feet to retrieve a 10-pound object.

Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.

Candidates should not swim the distance under water. Exit the water without using a ladder or step.

LIFEGUARD TRAINING COURSE- RECERTIFICATION

*****Certification is about to expire or recently expired*****

Includes Lifeguard Training, CPR for the Professional Rescuer and First Aid Training.

Session 1: March 23 & 30 12:00pm -5:00pm *****MUST ATTEND BOTH DAYS*****

Session 2: May 11 & 18 12:00pm -5:00pm *****MUST ATTEND BOTH DAYS*****

Fee: Y member: \$120.00 Program Participant: \$130.00

ADULT/CHILD/INFANT CPR plus AED CLASS

Includes Adult/Child/Infant CPR Training, AED Training.

Session 1: April 6 12:00pm-3:00pm

Session 2: April 13 12:00pm-3:00pm

Fee: Y member: \$40.00 / Program Participants: \$50.00

ADULT/CHILD/INFANT CPR plus AED CLASS - RECERTIFICATION COURSE

***** Certification is about to expire or recently expired*****

Includes Adult/Child/Infant CPR Training, AED Training.

Session 1: April 5 6:00 - 8:00pm

Fee: Y member: \$40.00 / Program Participants: \$50.00

Information about your Red Cross Cards:

1-At the end of each class participants will receive a letter of completion from the instructor.

YMCA SOUTHEASTERN OF NC

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The YMCA of Southeast North Carolina is a non-profit association committed to a mission of putting Christian principles into practice through programs that build a healthy spirit, mind and body for all