

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: Sundays 1:00pm-4:30 pm June 2 - June 30

***** 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.**

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.

ADULT/CHILD/INFANT CPR plus AED CLASS

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

Session 1: July 14 1:00pm-4:00pm

Session 2: July 27 12:00pm-3:00pm

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

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Information about your Red Cross Cards:

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

2-Red cross take 3-5 weeks to process your paperwork and then the Y will receive a approval of your certification.

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