



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

11/11

RED CROSS LIFEGUARD TRAINING

- Class Day, Time & Location:** See Current YMCA Program Guide and/or Class Receipt.
- Fee:** \$173.00 for YMCA Members
\$198.00 for the General Public
- Bring to Class:** Swimsuit, Towel, Lock, Red Cross Lifeguard Manual and a sack lunch/drink--and/or money for the vending machines.
- Registration:** You may register for this course at any YMCA front desk; or with credit card, you may register by phone (436-9595) or on line (www.greenbayymca.org).
Wisconsin State Law requires that you must be 16 years of age to lifeguard, therefore the YMCA requires that you must turn 15½ by the last class date of the session.
- Textbook:** The cost of the class includes the Lifeguard Manual which will be given to the participants on the first day of class.
- Required Swimming Skills:** On the first day of class you will be tested on the following skills. You must be able to perform these skills to continue the course.
1. Swim 300 yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick;
 - 100 yards of breaststroke; and
 - 100 yards of either front crawl using rhythmic breathing or breaststroke.
These 100 yards may be a mixture of front crawl and breaststroke.
 2. Complete the following within 1 minute & 40 seconds:
Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps.
- Additional Notes:**
- **Attendance at all class sessions is mandatory. There will be no make up classes.**
 - CPR/AED for the Professional Rescuer and First Aid are included in the cost of the class and are included in the class time. A CPR resuscitation mask is also included in the class fee.
- Passing the Course:** In order to successfully complete this Lifeguard Training course, participants must:
1. Pass a written test.
 2. Complete all critical water skills.
 3. Show maturity and responsibility at all times.

If you have any questions, please contact the Aquatics Director, 436-9672, at the Downtown YMCA.

YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership for all helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at (920) 436-9622.