



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE A LEADER SAVE A LIFE

Lifeguard Training GREATER HOLYOKE YMCA



FULL Y LIFEGUARD COURSE

Saturday Classes

4/8, 4/15, 4/29 8-3 PM

Thursday Classes

4/18, 4/20 4-7:15 PM

*Must attend all classes &

Complete all online E-learnings .

FULL COURSE

MEMBER: \$250

NON-MEMBER: \$300

*There is online E-Learning as well as the in-person classes listed above.

GREATER HOLYOKE YMCA 413-534-5631 www.holyokeymca.org



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ADDITIONAL INFORMATION

Age 16 & older

PHYSICAL REQUIREMENTS

Phase 1

- ◆ Tread water for 2 minutes.
- ◆ Swim 100 yards of front crawl

Phase 2

- ◆ Swim 50 yards of each

*Front crawl with head up, sidestroke, breaststroke, breaststroke with the head up and elementary backstroke kick with hands on the chest.

- ◆ Perform feet first surface dive.

Phase 3

- ◆ Sprint length of pool, arm-over-arm surface dive retrieve object from bottom and re-surface. Begin treading water 1 minute with legs only.
- ◆ Climb out of pool and do 100 compressions on manikin.

THINGS TO BRING

Participants should bring a bathing suit, towel, lunch, a pen, and water bottle.

CANDIDATES MUST

Participate in all water and classroom sessions for the course.

Pass all water tests and achieve an 80% or better on the written lifeguard test.

Complete all online E-Learnings.