



LIFEGUARD TRAINING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FULL Y LIFEGUARD COURSE

Saturday Classes

4/13, 4/20, 4/27, 5/11 8-3 PM

Member \$250

Non-Member \$300

Y LIFEGUARD RE-CERTIFICATION

4/5 9:30-1:30 & 4/13 12-3 PM

OR

5/11 8-3 PM

Member \$150

Non-Member \$200

BLS/AED RE-CERTIFICATION

4/13 12-3 PM

Member \$55

Non-Member \$75

***Must attend all classes and do required E-learnings.**

CONTACT: Kerry Cordis, Aquatics Director for more information: KCordis@holyokeymca.org

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



Age 16 & older

PHYSICAL REQUIREMENTS

Phase 1

- ◆ Tread water for 2 minutes & swim 100 yards of front crawl (freestyle)

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. Then perform a 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, please email Kerry @ KCordis@holyokeymca.org to get your e-learnings.