

# Lifeguard Training



Learn the duties and responsibilities of lifeguarding, including: surveillance, how to use rescue equipment, and how to care for someone who has sustained an injury.

**REQUIREMENTS:** Registrants must be at least 15 years old. There is a pre-course session in which you are required to pass a swimming skills test. Students must purchase a participant manual and rescue breathing mask by the 1<sup>st</sup> day of class, available at [www.shopstaywell.com](http://www.shopstaywell.com).

Contact Chip Mark, at the YMCA, for more information.

**Fees:           \$140.00**

**2010 Shallow Water Class I: April 10, 11 + April 17, 18**

**2010 Shallow Water Class II: May 7, 8, 9 + May 15, 16**

**2010 Deep Water Class I: May 21, 22, 23 + May 29, 30**

**2010 Deep Water Class II: June 4, 5, 6 + June 12, 13**

Upon successful completion of the Lifeguard Training course, participants receive the following:

- CPR for the Professional Rescuer (1 yr)
- Shallow Water Attendant or Lifeguard Training & Standard First Aid
- AED Essentials (optional)
- Oxygen Administration (optional)