



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Springfield Family YMCA Lifeguarding Course

Precourse:

- 300 yard swim (freestyle/breast stroke)
 - 10 lb rubber brick swim (timed test)
- (no goggles allowed and must be able to swim down to a depth of 7-10 feet)
- Tread water 2 minutes without the use of hands

YOU MUST PASS THE PRECOURSE IN ORDER TO SIGN UP FOR THE LIFEGUARD CLASS!

YOU MUST BE AT LEAST 15 YEARS OF AGE!

Fees

Precourse \$10.00

Lifeguard Class \$220.00

Will obtain a two year certification in American Redcross lifeguarding, Pro CPR, AED and First Aid*

OCTOBER LIFEGUARD CLASS

Precourse Dates

- **September 24th @ 6pm**
- OR**

- **September 29th @ 6pm**

Class Dates

- **October 2nd 4-9pm**
- **October 3rd 12-5pm**
- **October 4th 12-5pm**
- **October 9th 4-9pm**
- **October 10th 12-5pm**
- **Test-October 11th @ 12pm**

MUST ATTEND ALL CLASSES



Springfield Family YMCA

300 S. Limestone St.
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Please contact:

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