



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



April Lifeguard Course

Precourse Dates

- March 15th @ 7:30pm
OR

- March 22nd @ 7:30pm

Class Dates

- April 5th & 12th 5-9pm
- April 6th & 13th 9-4pm
- April 14th @12pm (test)

May Lifeguard Course

Precourse Dates

- April 19th @ 4:30pm
OR

- April 26th @ 7:30pm

Class Dates

- May 2nd, 3rd, 9th & 10th 5-9pm
- May 4th 9-4pm
- May 11th @10AM (test)

Springfield Family YMCA Lifeguarding Course



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

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 INORDER TO SIGN UP FOR THE LIFEGUARD CLASS!

YOU MUST BE AT LEAST 15 YEARS OF AGE!

Fees

Precourse \$10.00

Lifeguard Class \$220.00

Springfield Family YMCA

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Springfield, Ohio, 45504

Please contact:

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