



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD CERTIFICATION COURSE

YMCA SILVER SPRING

The YMCA SILVER SPRING is partnering with the American Red Cross to offer Lifeguarding Training, CPR, AED and First Aid training certification to the community which is valid for two years. Qualified individuals are eligible to apply for open Lifeguard positions immediately. Listed are the prerequisites and requirements for the course:

* Participations must be at least 15 years old upon completion of the class and present a Photo ID

* Must complete all prerequisites on first day of course, those unable will receive a 90% refund

*Swim 300 yards continuously demonstrating breath control and rhythmic breathing..

*Tread water for 2 minutes using only the legs.

*Swim 20 yards, surface dive, feet-first or head-first, to a depth of 9 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back with both hands holding the object to return to the starting point.

FULL MEMBERS: \$200 PROGRAM MEMBERS: \$250 NON-MEMBER: \$300

DATES:

JANUARY 24TH	7PM PRE TEST
JANUARY 25TH	5PM TO 9PM CLASS ROOM
JANUARY 26TH	9 AM TO 8 PM CLASS ROOM/WATER SKILLS
JANUARY 27TH	9 AM TO 8 PM CLASS ROOM/WATER SKILLS

LOCATION:

YMCA SILVER SPRING
9800 Hastings Drive Silver Spring MD 20901

