



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



**American
 Red Cross**

LIFEGUARD TRAINING COURSE

Pre-requisites for course:

- At least age 15 by the last day of the course (ID checked at registration)
- Ability to swim 300 yards in freestyle and breast-stroke
- Tread water for 2 minutes—Legs ONLY
- Retrieve a 10-lb brick from 7-10 feet of water and swim (Legs ONLY) 20 yards

Skills will be tested on the first day of the course.

For questions , contact Cece Shalevska, Aquatics Director

Cveta.shalevska@ymcadc.org



COURSE SCHEDULE

Friday, March 15 6:30PM—9:30PM

Saturday, March 16 12:00PM—6:00PM

Sunday, March 17 12:00PM—6:00PM

COST

Full Member \$200

Program Member \$250

Non-Member \$300

YMCA ALEXANDRIA

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