



AQUATIC SAFETY CERTIFICATIONS

YMCA LIFEGUARDING CERTIFICATION

Employment opportunities available!

LOVE AQUATICS? Train to be a lifeguard! YMCA Lifeguard Certification classes include American Safety and Health Institute certifications in Basic First Aid, Basic Life Support (formerly CPR for the Professional Rescuer) and Emergency Oxygen Administration.

August Class Schedule

Monday 8/14, 9:00-3:00
Tuesday 8/15, 9:00-3:00
Wednesday 8/16, 9:00-3:00
Thursday 8/17, 9:00-3:00
Friday 8/18, noon-5:00

MEMBERS \$100 GENERAL PUBLIC \$200
****Scholarship options are available****

YMCA AQUATIC SAFETY ASSISTANT

Volunteer opportunities available!

This course is designed to train 14-16 year-olds to recognize aquatic dangers and assist a lifeguard in an emergency response. This class includes certifications in the same ASHI Basic First Aid, Basic Life Support, and Emergency Oxygen Administration as our full Lifeguarding class, as well as shallow-water rescue skills.

August Class Schedule

Monday 8/14, 9:00-3:00
Tuesday 8/15, noon-5:00
Wednesday 8/16, noon-5:00
Thursday 8/17, noon-5:00
Friday 8/18, noon-5:00

MEMBERS \$35 GENERAL PUBLIC \$70
****Scholarship options are available****

CLASS PREREQUISITES

- Minimum age 16 years by last day of class for Lifeguard Certification, 14 years of age for YASA
- Commit to 100% class attendance
- Complete online coursework in Basic Life Support, Basic First Aid, and Emergency Oxygen prior to first day of class. (Enrollment in these three separate certification classes is included in your YLG or YASA course fee.) Students should plan to spend 16-20 hours to complete online coursework.
- Demonstrate strong swim skills test in a pre-requisite swimming test on Day 1. (Required skills include treading water with hands out of pool for 2 minutes and a surface dive to bottom of lap pool to retrieve object.)

YMCA LIFEGUARD class capped at 6 students. Y AQUATIC SAFETY ASSISTANT capped at 4.
EMAIL JESS FOR ENROLLMENT INSTRUCTIONS! jmelander@superiorymca.org