FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN TO SAVE

Downtown YMCA Lifeguard Training

2017 Class Schedule

The American Red Cross Lifeguard Training is approximately a 25 hour course which provides participants with the knowledge, skills and training necessary to become a lifeguard. Participants must be 15 years of age on or before the final scheduled session of the course. The course fee is $160 for YMCA members and $220 for non-members, which includes a $25 non-refundable registration fee that will be applied to the course fee as long as the pre-course is passed. Materials include the book and pocket mask, as well as a 2-year certification in Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer. ***Students must attend all sessions of the class to pass.***

Session 1:
December 26, 27, 28 — Christmas Break **2016** Class — 8:00 -4:00pm

Session 2:
January 29 - February 19 — Sundays — 12:30 - 6:30pm

Session 3:
March 5 - 26 — Sundays — 12:30 - 6:30pm

Session 3: **2 Spring Break Classes!**
March 27 - 29 — Monday thru Wednesday — 8:00am - 4:00pm
Session 4:
March 29-31 — Wednesday thru Friday — 8:00am-4:00pm

Session 5:
April 9 - May 7 — Sundays — 12:30 - 6:30pm
(No class on Easter, April 16)

Session 6:
April 22 - May 13 — Saturdays — 11:30am - 5:30pm

Session 7:
May 14 - June 4 — Sundays — 12:30 - 6:30pm

Fall Session:
Oct. 15 - Nov. 5 — Sundays — 12:30 - 6:30pm

Need help with the precourse or just need to be recertified? Information on back!

Our Mission: The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind and body.

Lifeguard Training Recertification

Your Lifeguarding and First Aid must not have expired more than 30 days to take this recertification class. Along with Lifeguarding and First Aid, this class includes recertification in CPR/ AED for the Professional Rescuer. ***Participants must attend the entire class.***
Fee for the class is $85.

Saturday/Sunday, March 18 & 19	8:30 am - 3:30 pm
Saturday/Sunday, April 1 & 2	8:30 am - 3:30 pm
Saturday/Sunday, April 22 & 23	8:30 am - 3:30 pm
Saturday/Sunday, May 20 & 21	8:30 am - 3:30 pm

PRECOURSE INFORMATION

Participants in the Lifeguard Training course are required to pass a water-skills test prior to entry into the course. The skills test will be given to all students during the precourse and consists of the following:

- Student must swim 300 yards continuously, using these strokes in the following order:
  - ◊ 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick, 100 yards of breast-stroke, 100 yards of either front crawl using rhythmic breathing or breaststroke. This last 100 yards may be a mixture of both.
- Student must tread water for 2 minutes using only the legs.
- Student must complete the following timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to the surface, and swim 20 yards on back with both hands holding the object. Exit the water without using the ladder or the steps.

NEED HELP WITH THE PRECOURSE?

Not sure if your skills or endurance are where they need to be to pass the lifeguard training precourse test? In a small group or individual setting, our instructors can help to prep you for the precourse by evaluating and instructing you on stroke technique and endurance training specific to passing all of the entry requirements for the lifeguard training.

$15/members per 1/2 hour session $25/non-members per 1/2 hour session

Call Lindsay Benedyk at 812-492-6707 to schedule a time that is convenient for you.

YMCA/AMERICAN RED CROSS LIFEGUARD TRAINING REGISTRATION
Mail with payment to the YMCA, 222 N.W. Sixth St., Evansville, IN 47708

Please (√) the session you are registering for: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7
☐ Fall Session

Lifeguard recertification date _____

Name:_____Birthdate_____Phone_____

Address _____State_____Zip_____

E-mail address _____

Amount $ enclosed _____ Visa MC AMEX#_____Exp. _____

Signature _____

**Please make your check payable to the YMCA*