



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD COURSES

3 CLASSES TO CHOOSE FROM

- **Class I...April 1–May 2... Mon. & Thurs. 6–9pm**
- **Class II...May 9–June 13...Mon. & Thurs. 6–9pm**
- **Two week session: June 6–14 M–F 2:35–5:35pm**

Course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be Certified in CPR Pro for the Professional

Rescuer, Basic First Aid and Emergency Oxygen Administration. Course covers safety skills, Accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard. The leadership competencies this course meets for the Leader Level are:

Inclusion, Influence, Communication, Decision Making, and Emotional Maturity.



Life Guard Prerequisites: Minimum age of 16 by the last day of the scheduled course. Those under the age of 18 must have parental consent to participate in the course. Pass the following three-phased Physical Competency Requirements (conducted in class on the 1st day):

Phase 1: Tread water for 2 minutes (legs only) .Swim 100 yards front crawl (freestyle)

Phase 2: Continuously swim 50 yards of each; Front crawl with the head up, side stroke, Breaststroke and Breaststroke with the head up, Elementary backstroke kick with hands on the chest. Perform a feet-first surface-dive in 8 to 10 feet of water Then swim underwater for 15 feet.

Phase 3: Starting in the shallow end of the water, sprint for a distance of approximately 60 feet then perform an arm-over-arm surface dive in 8 to 10 feet . Pick up an object (dive ring) from the bottom of pool, surface and tread water for at least one minute with legs only, replace the object back to the bottom of the pool where it was found. Swim the remaining length to end of pool, and hoist yourself out of water, immediately begin compression on an adult manikin for one minute or 100 compressions, stand and listen to directions from instructor.

Y Lifeguard course includes CPR Pro for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration.



For more information contact Shari at 253-5304 or shari@auburnymca.net.

To register call the Auburn Y or visit the member services desk.

Fee: Y-Members \$255 includes book General Public \$300 includes book

After you register e-mail Shari (shari@auburnymca.net) so can start on your e-learning.

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Aquatics/Aquatic Certifications

