



# Lifeguard Training Course

## Description

The *Regional YMCA of Western Connecticut Greenknoll Branch* is offering American Red Cross programs designed to prepare individuals to become certified lifeguards in the pool and waterfront aquatic environments. This program is a combination of various aquatic and non-aquatic safety education courses.

This program consists of the following courses:

- **Lifeguard Training & First Aid**
- **CPR/AED for Lifeguards**
- **Waterfront Lifeguard Module**

Each class will consist of classroom and pool time. For the water portion of the program participants need to bring a bathing suit, goggles, swim cap and towel. For the classroom portion, participants need the Class books (passed out first day), a pen and a notebook.

## Class Days and Times

February 21 – May 2 (no class Easter Sunday)

Sunday Afternoons 2:00PM-6:00PM

## Fees

Lifeguard Training Course - \$375.00

*This fee includes textbooks, certification cards, and individual pocket facemasks. No program membership is required.*

## Prerequisites

- 15 years of age prior to the last scheduled day of class.
- Swim 550 yards (about 500 meters) **continuously (NO STOPPING)**, using these strokes in the following order:
  - 200 yards front crawl using rhythmic breathing and a stabilizing propellant kick;
  - 200 yards breaststroke using a pull, breathe, kick and glide sequence;
  - 150 yards of either front crawl or breaststroke or combination.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7 to 10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object (in both hands and object on your chest) and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Swim 5 yards; submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water; resurface; and swim 5 yards to the side of the pool.

## Requirements

Each candidate needs to successfully pass/complete all of the following to be *certified*:

1. Written Test
2. Water Test
3. Mandatory Attendance (students cannot miss any classes, there are NO make-ups)

## Contact

For more information call Sonja Williams at (203) 775-4444 ext. 133



**Regional YMCA of Western CT**

We build strong kids, strong families, strong communities