



AMERICAN RED CROSS LIFEGUARDING COURSE

MUST BE 15 YEARS OLD ON OR BEFORE THE FIRST DAY OF CLASS

Prerequisites for class — participants must be physically able to:

Swim 300 yards of mixed strokes: freestyle & breaststroke.

Tread water for 2 minutes using legs only.

Swim 20 yards, surface dive 10 feet, retrieve 10 pound weight, and swim 20 yards back.

(All must be completed in 1 minute, 40 seconds. Goggles not permitted.)

MARCH CLASSES:

Full Class
March 26 & April 2 — 9:00-4:00

Recertification Class
March 20 — 10:00-2:00

APRIL CLASSES:

Full Class
April 23 & May 7 — 9:00-4:00

Recertification Class
April 24 — 10:00-2:00

REGISTRATION DETAILS

Register/Pay at YMCA

Contact Whitney Rien at
Scottsbluff Family YMCA
(308) 635-2318
for more information.

Cost: \$175 (Full Class) or \$75 (Recertification Class)

(includes Red Cross Lifeguarding with CPR/AED for Professional Rescuers & First Aid)

Water work will be done in class at the YMCA; book work will be done online.

Participants should bring snacks, water bottle, swimsuit, and towel every day.

Participants must attend all days to successfully complete the course.

All information should be that of the participant; NO parent phone number or email.

Name: _____

Phone Number: _____ Email: _____

Address: _____

Age: _____ Date of Birth: _____

Emergency Contact & Number: _____