YMCA Lifeguard Course 2015

Prerequisites: Complete Physical Competency Requirements (Minimum Age 16)

Phase 1
- Tread water for 2 minutes using legs only
- Swim 100 yards of front crawl

Phase 2
- Swim 50 yards of each front crawl with head up, breaststroke, breaststroke with head up, elementary backstroke kick with hands on the chest.
- Perform a feet-first surface-dive in 8-10 feet of water (or maximum depth of training facility). 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 8-10 feet (or maximum depth of training facility).
- Pick up an object from the bottom of pool, surface and tread water for at lease one minute with legs only, replace the object back to the bottom of the pool where it was found.
- Swim the remaining length to the end of the pool and hoist yourself out of the water.
- Immediately begin compression on an adult manikin for one minute or 100 compressions, stand and listen to directions for instructor.

***If you pass the prerequisite swim you will be able to register for the lifeguard course following the prerequisite swim. If you do not pass, you will not be permitted to sign up for the lifeguard course.**

Cost and Registration:

- Includes price of YMCA Lifeguard Manual (On the Guard Fifth edition), blended learning for ASHI and cards/e-learning, fanny pack with pocket mask and gloves, whistle and certification card.
  - YMCA Employee-free
  - Members-$30 for Prerequisite Swim $165 after Passing Swim
  - Non-Members-$35 for Prerequisite Swim $185 after Passing Swim
  - All registrations are non-refundable

- Registrations may be taken over the phone or in person at the Downtown YMCA. Payment is due at time of registration.

Please Note:

- This course is physically demanding. All participants should be in excellent physical condition and have strong swimming skills. The YMCA does not guarantee participants will pass. No refunds will be issued.
- 100% Attendance is Required