



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Lifeguard Training

Eastside Y

With a commitment to healthy lifestyles, the Y invites you to attend our Lifeguard Training.

This course is designed to provide participants with the knowledge and skills needed to be a lifeguard. It presents information on the basic skills and knowledge lifeguards need in pool, lake, river, surf, and water park environments. The comprehensive course offers up-to-date information on how to guard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. It also covers safety and survival skills every swimmer needs to know, accident prevention, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, weather and open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard.

Prerequisites:

Participants must be at least 16 years old prior to the end of the course.

Have and maintain current certifications in First Aid, CPR Pro and Oxygen.

Pass the following swim test: Perform a long, shallow front dive, swim 500 yards, including 100 yards each of sidestroke, front crawl, breaststroke, sidestroke kick with one arm forward, and inverted breaststroke kick with arm on the stomach. Tread water for 2 minutes with legs only. Surface dive both head first and feet first into 8 to 10 feet of water and swim underwater for 15 feet.

When:

Saturdays, October 29, November 5, 12, 19, 2011; 8:00am –5:30pm. 100 percent attendance is required.

Eastside Y. 2101 Nagle Road. 899-9622. www.ymcaerie.org.

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.