



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

# **BE A VALUED MEMBER OF OUR TEAM**



## **American Red Cross Lifeguard Training THOMAS E HANNAH FAMILY YMCA**

**Pre-Test Thursday December 27: Requirements: swim 300 yards using freestyle and breaststroke putting face in the water. Tread water for 2 minutes. Swim 20 yards freestyle, surface dive and retrieve a 10 lb. brick from the bottom, place brick on front and kick on back to start without using arms, get out of pool without using ladder or steps in 1 minute and 40 seconds. Class will begin upon successful completion of pre-test. Class needs to be paid in full at the time of registration. If unable to pass the pre-test class will be refunded except for a \$20 pre-test fee.**

**This 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 for the Professional Rescuer, Basic First Aid and Lifeguard and receive a pocket mask. The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. The course also covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, spinal injury management, legal responsibilities, pool management and information on how to get a job as a lifeguard. MUST attend all classes and be able to pass a pre-course skills test.**

**Full Class dates and times: Dec. 27, 28, Jan. 2,3,4 from 11 am to 4 pm.**

**Re-certification: Dec. 27, Jan. 2,4 11 am to 4 pm**

**Lifeguard Certification Price: \$200 mem & \$250 non**

**Lifeguard Re-cert Price: \$75 mem \$125 non**

**Questions? Contact: Susan Luhrsens, Aquatics Coordinator: [sluhrsens@spartanburgymca.org](mailto:sluhrsens@spartanburgymca.org) or 864-585-0306**