



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

# **SAVE A LIFE**

## **YMCA Lifeguard Class**

### **Class includes**

YMCA Lifeguard, ASHI BLS, First Aid, and Oxygen Administration Certification, CPR Mask, Fanny pack and Whistle w/lanyard.

### **Program Dates and Times**

Friday April 5th 5-9pm

Saturday, April 6th 11am-5pm

Sunday, April 7th 12-6pm

Friday, April 12th 5pm-9pm

Saturday, April 13th 11am-5pm

Sunday, April 14th 12pm-6pm

### **Prerequisite Swim**

All participants must complete the Physical Competency Swim prior to registering for the class. See reverse side for Physical Competency Swim Requirements. To schedule this swim you can contact Laura (Aquatics Director) 387-9622.

### **Fee**

\$250 for Members

\$300 for Potential Members

Registration Ends March 29

There must be a minimum of 4 participants for us to offer the class.

If you drop out, miss class, or cannot pass the written exams or in-water skills for any reason, your money will not be refunded.

### **Important Information**

Participants must be 16 years of age or older to attend class. All participants will be required to complete 8 hours of on-line training prior to the course.

You must attend all classes, receive 80% or better on all written exams, successfully perform all practical skills, successfully demonstrate strength and maturity to be a YMCA lifeguard to prevent accidents and also respond to emergencies through classroom and pool scenarios.

Bring a swimsuit, towel, and any food you wish to eat during the training. There will be no time to leave the Y to pick up food.

### **SPEARS FAMILY YMCA**

3216 Horse Pen Creek Road, Greensboro 27410

P 336 387 9622 [www.spearsymca.org](http://www.spearsymca.org)

The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.  
Financial Assistance available.



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**Questions? Please Contact:**

Laura Brown at 387-9622 or [laura.brown@ymcagreensboro.org](mailto:laura.brown@ymcagreensboro.org)

**Physical Competency Swim Requirement**

**Phase 1**

- Tread Water for two minutes
- Swim 100 yards of front crawl

**Phase 2**

- Swim 50 yards of each
  - o Front crawl with head up
  - o Sidestroke
  - o Breaststroke
  - o Breaststroke with head up
  - o Elementary backstroke kick with hands on the chest
- Perform a free feet first surface dive in 7 feet of water then swim underwater for 15 feet.

**Phase 3**

- Sprint for a distance of 60 feet and then perform a headfirst surface dive in 7 feet of water.
- Pick up an object (diving ring or stick) from the bottom of the pool, tread water for a least 1 minute using legs only, and then place the object back on the bottom of the pool.
- Swim the remaining length of the pool and hoist yourself out of the water.
- Immediately begin compressions on a mannequin for 1 minute or 100 compressions and stand and listen to directions from the instructor.

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