



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD CERTIFICATION APRIL 2017

PRETEST TUESDAY, April 25, 2017@7:30pm

This program allows individuals to become certified lifeguards. It includes lifeguard, first aid and CPR/AED certification. Prerequisites for the course: Must be at least 15 years old and be able to swim 300 yards continuously breaststroke or freestyle or a combination of both. Must be able to start in the water, swim 20 yards using front crawl or breaststroke, surface dive 9 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps all within 1 minute, 40 seconds. Tread water for 2 minutes without using your hands.

- You must pass the pretest before you can sign up for the course
- Pretest Members-\$20 Non Members-\$25 Registration opens 1 month prior to pretest
- Lifeguard Course—Members \$250 Non Members-\$275

**WHEN: Wednesday, 4/26/17, Saturday, 4/29/17, Sunday, 4/30/17,
 Wednesday, 5/3/17 and Saturday, 5/6/17**

**TIME: Wednesday, 4/26 & 5/3: 4pm-9pm
 Saturday, 4/29/17: 10am-6pm
 Sunday, 4/30 12pm-6pm,
 Saturday, 5/6/17: 12pm-4pm**

**LOCATION: RON ROSNER FAMILY YMCA
 5700 Smith Station Rd
 Fredericksburg, VA 22407
 540-735-9622**