

# Lifeguard Certification and Recertification Courses 2012

## Where:

Ron Rosner YMCA  
5700 Smith Station Rd (540) 735-9622

*Registration for pretest opens 1 month prior to pretest*

## Requirements for Certification:

Pass Pretest  
Class attendance  
Pass all written tests  
Demonstrate skill proficiency



### February Course Offerings

Pretest: 2/7 @ 7:30pm  
2/11: 9-6pm  
2/13: 5-9pm  
2/15: 5-9pm  
2/18: 9-6pm  
2/20: 5-9pm  
2/22: 5-9pm

### March Course Offerings

Pretest: 3/6 or 3/8 @ 7:30pm

#### Option 1

3/16: 5-9pm  
3/17: 9-6pm  
3/18: 12-5pm  
3/23: 5-9pm  
3/24: 9-6pm  
3/25: 12-7pm

#### Option 2

3/12: 5-9pm  
3/13: 5-9pm  
3/14: 5-9pm  
3/15: 5-9pm  
3/19: 5-9pm  
3/20: 5-9pm  
3/21: 5-9pm  
3/22: 5-9pm

### April Course Offerings

Pretest: 4/3 or 4/5 @ 7:30pm

#### Option 1

4/20: 5-9pm  
4/21: 9-6pm  
4/22: 12-5pm  
4/27: 5-9pm  
4/28: 9-6pm  
4/29: 12-7pm

#### Option 2

4/16: 5-9pm  
4/17: 5-9pm  
4/18: 5-9pm  
4/19: 5-9pm  
4/23: 5-9pm  
4/24: 5-9pm  
4/25: 5-9pm  
4/26: 5-9pm

### May Course Offerings

Pretest: 5/1 or 5/3 @ 7:30pm

#### Option 1

5/11: 5-9pm  
5/12: 9-6pm  
5/13: 12-6pm  
5/18: 5-9pm  
5/19: 9-6pm  
5/20: 12-7pm

#### Option 2

5/7: 5-9pm  
5/8: 5-9pm  
5/9: 5-9pm  
5/10: 5-9pm  
5/14: 5-9pm  
5/15: 5-9pm  
5/16: 5-9pm  
5/17: 5-9pm

### June Course Offerings

Pretest: 5/31 or 6/5 @ 7:30pm

#### Lifeguard Training

June 11-15  
10am-5pm

#### Lifeguard Review

##### Option 1

May 5, 5-9pm  
May 6, 5-9pm

##### Option 2

May 21 5-9pm  
May 22 5-9pm

# LIFEGUARD COURSES



RON ROSNER YMCA  
5700 Smith Station Rd.  
Fredericksburg, VA 22407  
www.family-ymca.org  
Sarah Ward Aquatics Director  
sward@family-ymca.org  
(540) 735-9622 ex 2034

## PRICES

### PRE-TEST

Members \$15

Non-members \$20

### LIFEGUARD COURSE

Members \$250

Non-members \$300

*It is strongly recommend that participants wishing to take the pre-test practice. Even if they play sports at school or they use to be on a swim team. The pre-test is harder than most people think.*

## ABOUT THE COURSE

This course is for individuals 15 years an older. Participant will learn the skills and knowledge to prevent and respond to aquatic emergencies. Water skills include rescues, safe water entries and spinal management. Land based skills include the role and responsibilities of being a lifeguard, CPR/AED and first aid.

## PRE-TEST REQUIREMENTS

300 yards swim and a timed swim  
Swim 20 yards (head up freestyle or breast stroke), feet first surface dive to a depth of 7-10 feet, retrieve a 10lb object, and return with it to the surface. Swim on your back (holding the brick in both hands), swim back 20 yards to the wall and climb out. The clock stops when the swimmer and the brick are on the pool deck. This is a timed event. 1 min 40 sec