LIFEGUARDING CLASS
AMERICAN RED CROSS BLENDED LEARNING COURSE

APRIL & MAY 2021 SESSIONS

• Blended learning combines online learning with on-site skills sessions where you will practice skills and demonstrate competency.

• Students will be taught the proper rescue and safety skills necessary to lifeguard swimming pool environments.

• **Participants must print or download their own copy of the Lifeguard Participants Manual from the Red Cross website.**

Course Registration Deadline for April Session: APRIL 11

April Session Dates and Times:

15th-16th 6pm-9pm

April 17th-18th 9am-5pm

Course Registration Deadline Friday, May 14th
Class size limited to the first 10 registered participants

Course Dates and Times:

May 20th & 21st   6pm-9pm

May 22nd & 23rd 9am - 5pm

Interested participants should contact Sonia Jaziri, Aquatics Coordinator, at (937) 492-9134 (sjaziri@sidney-ymca.org) or register at 300 W. Parkwood St., Sidney, OH 45365.

Pre-requisites:
• Be a minimum of 15 years of age by the end of the course
• Swim 300 yards continuously
• Tread water for 2 minutes using only legs
• Timed event - retrieve a 10lb brick from 7-10 feet deep and swim 20 yards on back carrying brick with both hands
• All participants must have an active email address and provide that at time of registration

Cost :
Lifeguard Training
    Y Members: $199
    Potential Y Members: $249

** includes non-refundable $30 skills assessment fee)

Email is required to receive additional information to set up the online learning course.

WHAT TO BRING TO CLASS
• Lifeguard manual
  (online - Red Cross website)
• Swim suit
• Towel

American Red Cross
Together, we can save a life

*The American Red Cross Lifeguard Blended Learning Training Course is approximately 15 hours in length. Participants must be able to attend and participate in **ALL** class sessions. Certification will be awarded to those who pass final skill-outs and score 80% or better on the multiple choice exam.*