



LIFEGUARDING CLASS

AMERICAN RED CROSS BLENDED LEARNING COURSE

Four New Sessions Added!

- 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.

Upcoming Session Dates and Times:

July 30, 31, & Aug. 1

5pm – 9pm on the 30th

10am – 6pm on the 31st & 1st

***Registration Deadline: July 25**

August 20, 21, 22

5pm – 9pm on the 20th

10am – 6pm on the 21st & 22nd

***Registration Deadline: August 15**

September 17, 18, & 29

5pm – 9pm on the 20th

10am – 6pm on the 21st & 22nd

***Registration Deadline: September 12**

October 15, 16, 17

5pm – 9pm on the 15th

10am – 6pm on the 16th & 17th

***Registration Deadline: October 10**

Sign up at the Welcome Center or register online at www.sidney-ymca.org

***For questions, or if you are interested in joining our staff and having your training paid, contact Jamie Crippin, Membership & Program Director, at (937) 492-9134 (jcrippin@sidney-ymca.org).**



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
- Participants must print or download their own copy of the Lifeguard Participants Manual from the Red Cross website.
- **Water skills assessment test will ONLY be held on the first day of each session. You MUST pass this in order to continue with the course.**

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.*