



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIFEGUARDING CLASS

## AMERICAN RED CROSS BLENDED LEARNING COURSE

### DECEMBER 2020 SESSION

- 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 Monday, Dec. 7th**  
Class size limited to the first 10 registered participants

#### Course Dates and Times:

Friday, December 11th 6pm-9pm

Saturday, December 12th 8am-6pm

Sunday, December 13th 8am-6pm

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.*