



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARDING CLASS

AMERICAN RED CROSS BLENDED LEARNING COURSE

JANUARY 2021 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 Tuesday, Jan. 26th
Class size limited to the first 10 registered participants

Course Dates and Times:

Friday, January 29th 6pm-9pm

Saturday, January 30th 8am-6pm

Sunday, January 31st 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.*