

Lifeguard Classes

American Red Cross Lifeguarding with First Aid, CPR/AED

Members: \$225 Non YWCA Members: \$250

This is a full course for first time lifeguards. Must be 15 years old or older.

Please bring a towel, bathing suit and snacks for all classes.

Rescue masks will be provided on the first day of class.

You **must** purchase your own book at www.redcross.org or download it for free at <http://www.editiondigital.net/publication/?i=95090>

Pre-requisite Requirements for Lifeguarding class:

- Must be able to complete the pre-course swim test (300 yard swim)
- Retrieve a 10 pound brick from the 10 foot and swim it back to the wall within the time limit
- Tread water for 2 minutes only using your feet

Come Monday-Friday by appointment to take the pre-requisite tests given by Zack prior to taking the class.

Call 336-882-4126 to make an appointment to take the tests.

March 1st-5th	Wednesday-Friday 4:30 pm-8:30 pm Saturday & Sunday 9:00 am-6:00 pm
March 29th-April 2nd	Wednesday-Friday 4:30 pm-8:30 pm Saturday & Sunday 9:00 am-6:00 pm
April 26th-30th	Wednesday-Friday 4:30 pm-8:30 pm Saturday & Sunday 9:00 am-6:00 pm
May 10th-14th	Wednesday-Friday 4:30 pm-8:30 pm Saturday & Sunday 9:00 am-6:00 pm

Lifeguard Review and Recertification

American Red Cross Lifeguard Review and Recertification

Members: \$150 Non YWCA Members: \$175

This condensed course is a review for veteran lifeguards for renewal of their lifeguarding, first aid and CPR certifications. Please bring a towel, bathing suit and snacks for all classes. You should bring your own rescue mask to class.*

April 21st-22nd	Friday 4:30 pm-8:30 pm Saturday 9:00 am-6:00 pm
May 19th-20th	Friday 4:30 pm-8:30 pm Saturday 9:00 am-6:00 pm
May 22nd-24th	Monday-Wednesday 10:00 am-2:00 pm

*Rescue masks will be available for purchase at the YWCA.