

## 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](http://www.redcross.org) or download it for free at [http://embed.widencdn.net/pdf/plus/americanredcross/jhlpoovbxz/LG\\_PM\\_digital.pdf?u=xm9usb](http://embed.widencdn.net/pdf/plus/americanredcross/jhlpoovbxz/LG_PM_digital.pdf?u=xm9usb)

### **Pre-requisite Requirements for Lifeguarding class:**

- Must be able to complete the pre-course swim test (300 yard swim)
- Retrieve a 10 pound rubber brick from the 10 foot and swim it back to the wall within the time limit
- Tread water for 2 minutes using only 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 with any questions or to make an appointment to take the tests.**

March 7 <sup>th</sup> -March 11 <sup>th</sup>	Weds-Fri 5:00 pm-9:00 pm Sat & Sun 9:00 am-5:00 pm
March 21 <sup>st</sup> - March 25 <sup>th</sup>	Weds-Fri 5:00 pm-9:00 pm Sat & Sun 9:00 am-5:00 pm
April 11 <sup>th</sup> -April 15 <sup>th</sup>	Weds-Fri 5:00 pm-9:00 pm Sat & Sun 9:00 am-5:00 pm
May 2 <sup>nd</sup> -May 6 <sup>th</sup>	Weds-Fri 5:00 pm-9:00 pm Sat & Sun 9:00 am-5:00 pm
May 16 <sup>th</sup> - May 20 <sup>th</sup>	Weds-Fri 5:00 pm-9:00 pm Sat & Sun 9:00 am-5:00 pm
June 13 <sup>th</sup> - June 15 <sup>th</sup>	Weds-Fri 9:00 am- 5:00pm