



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Be a Valued Team Member



Red Cross Lifeguard Training Warren County YMCA pool

Lifeguard Training (15+years old)

Course candidates will become lifeguards by gaining the necessary skills needed to recognize, prevent and respond to aquatic emergencies. Prerequisites are: Swim 300 meters combination of front crawl and breaststroke (non-stop swimming), tread water for 2 minutes (non-stop) without use of hands or arms, perform a surface dive 9 feet to retrieve a 10 pound brick and swim back holding the brick on top of the water (timed)

Participants must have a passing score of 80% or better on all exams and pass the final skills scenario to receive certifications. The course certifications include Lifeguarding/First Aid/CPR/AED for Professional Rescuer (valid 2 years). Must attend every class – NO EXCEPTIONS!

Fee: \$150 member / \$200 non-member

Upcoming Class Dates & Times

- March 31: 5 pm - swim test (no charge, but you must register for the swim test)

Classes (register and pay for classes after passing prerequisite swim test)

- April 13: 9 am-6 pm April 14: 6 pm-9pm
- April 15: 6 pm-9 pm April 16: 6 pm-9 pm
- April 23: 6 pm-9 pm April 28: 6 pm-9 pm
- April 29: 6 pm-9 pm (final exam)

Contact Lynnae Buffington at 309-734-3183 or lynnae@warrencountyyymca.org with questions.

Register at:

Warren County YMCA
700 W Harlem Ave
Monmouth IL 61462
309-734-3183

www.warrencountyyymca.org

