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Be a Valued Team Member

Red Cross Lifeguard Training

Warren County YMCA, Pattee Aquatics Park

The purpose of the Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses, until emergency medical services personnel take over. Course candidates will earn a lifeguarding certificate through completing 8 hours of online education and 20 hours of practical application training and evaluation.

Prerequisites are - Candidates must be 15 years or older and complete the following assessment prior to the course: 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; complete a timed event by swimming 20 yards at the surface to a submerged object (10lb dive brick), then perform a surface dive to a depth of 9 feet to retrieve the object and swim back holding the brick on top of the water with both hands.

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

- Prerequisite Evaluation –
 - 03 May 4:00 – 5:00 PM
 - 08 May 10:30 AM – 12:00 PM
 - 10 May 4:00 – 5:00 PM
- Contact the Aquatics Director if you are unable to make one of the above times to schedule an appointment. You must complete the prerequisites and register for the course no later than 13 May 2021.
- Classes (register and pay for classes after passing prerequisite swim test)
 - May 24 - 27: 12:30 – 6:00 pm
 - All online training must be completed prior to the start of the first class session.

Contact Thomas Sparkman at 309-734-3183 or TomSparkman@warrencountymca.org with questions.

Register at:

Warren County YMCA

700 W Harlem Ave

Monmouth IL 61462

309-734-3183 www.warrencountymca.org