



LIFEGUARD CLASS 2018

Location: YMCA of Natrona County

Dates: May 4th, 5th and 6th **Must attend all 3 days**

Contact: Stephanie Clark

stephanie@casperfamilyymca.org or (307)267-6987

Cost: \$100





The YMCA is offering a Red Cross lifeguard certification class.

In order to register for the class all applicants are required to pass the required lifeguard swim test that consists of:

- 300 yard swim (6 laps) freestyle or breast stroke, no backstroke.
- Retrieval of weight off bottom of pool at a depth of 10 feet and timed swim with weight.
- 3 Minutes treading water with and without hands.

This test must be done all at once and applicants have the opportunity to attempt test up to 3 times per day before the class begins. Once the test is completed satisfactorily applicants may then register for the class and pay the \$100.00 fee. Please contact Stephanie or Madii in order to set up a time to test at (307)234-9187.

Applicants taking the certification course will receive their Red Cross certification for pool lifeguarding, valid for 2 years.

The certification includes:

- Lifeguard
- CPR/AED
- First Aid

The class will be held in the pool and in our new facility in order to utilize our media center for videos and dryland practice.

Class Times:

Friday Evening: 5:00 PM to 9:00 PM

Saturday: 8:00 AM to 6:00 PM with a 1 hour lunch

Sunday: 8:00 AM to 6:00 PM with a 1 hour lunch

***All participants must be present in order to complete the class and receive their certifications.**