

# Red Cross Lifeguard Training & Lifeguard & CPR Review

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✂ Earn your lifeguard certificate by attending this Red Cross approved training.

✂ Renew your lifeguard certificate by taking the lifeguard review class.

***Participants for the lifeguard and waterfront lifeguard certification must be 15 years or old. Waterfront and pool lifeguards must pass a pre-requisite swim test.***

**The instructor will be Jessica Atwater**

**When: Lifeguard class:** Sat. & Sun.  
March 10 - March 24

**Lifeguard review:** Saturday, March 9. *The lifeguard review is only for lifeguards who are renewing their certification.*

**Time: The lifeguard class** is 8am - 4pm\*

**The lifeguard review** is 8:00 am - 5:00 pm  
Water rescue skills for the review will be at 1pm.  
*\*Some lifeguard classes will end at 5:00 pm*

**Cost: Lifeguard Class:** \$325  
plus the cost for pocket mask & book that can be ordered online, through the Red Cross website.

**Lifeguard Review:** \$125  
This includes CPR Challenge!  
**CPR only:** \$90

*You are responsible for purchasing your pocket mask and book before the class begins.*

*For more information, contact Meryl Fish, 753-9651 or [meryl@cortlandywca.org](mailto:meryl@cortlandywca.org)*

# something for everyone at the ywca

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## adult programs

### **shido-kan karate**

The adult class is for ages 13 & up. Classes meet on Tuesdays & Thursdays, 7:15-8:30 pm. Registration runs through March 5. Classes are March 5-April 25.

### **meditation**

Classes meet on Tuesdays and are open to all ages. Morning classes meet from 11:30-12:30 pm and evening classes meet from 6:00-7:00 pm. This class is open to members and non-members.

### **women's weight training class**

Group training under the guidance of a personal trainer. New workouts every session. Classes meet on Tuesdays and Thursdays, 9:00-10:00 am. Next session runs March 5-April 25.

## childrens programs

### **shido-kan karate**

The beginner class is for ages 8-12. Classes meet on Tuesdays & Thursdays, 6:15-7:15 pm. Registration runs through March 5. Classes are March 5-Apr. 25.

### **piano & guitar lessons**

Classes are for children 5 & up. Music classes meet on Fridays. Piano lessons, 4:00-4:30 pm. Guitar lessons, 4:30-5:00 pm. Classes will meet March 1-March. 22. Sign up today.

### **little tikes soccer**

Class is for 4-6 year olds. Participants will learn basic skills with fun games and age appropriate activities. Classes meet on Mondays, 4:30-5:15 pm. Registration runs March 9-March 25. Classes are March 25-May 6.

### **youth soccer**

For ages 7-10. Participants will learn proper dribbling, shooting and passing. Skills will be applied to game situations. Classes meet on Mondays, 5:15-6:15 pm. Registration runs March 9-March 25. Classes are March 25-May 6.

### **volleyball clinic**

Athletes will learn proper skills and techniques in volleyball. These skills will be applied to game situations. Classes are for grades 5-8 and meet on Mondays, 6:30-7:30 pm. Registration begins March 9-March 25. Classes are March 25-May 6

### **saturday dance**

Choose from Creative Dance (ages 3-5), Boys & Girls Hip Hop (ages 6-12) and Jazz/Kickline (ages 7-10). Kickline dancers sometimes perform in a line with synchronized kicks, jumps and turns. Registration runs March 9-March 25. The session is March 25- May 6. For class times, call 753-9651.

*The YWCA also offers gymnastic classes, open pickleball and basketball times. Call 753-9651.*

YWCA of Cortland  
14 Clayton Avenue  
Cortland, NY 13045  
607-753-9651

**YWCA**  
**IS ON A**  
**MISSION**