

Red Cross Lifeguard Training & Lifeguard & CPR Review at the YWCA Cortland

- ✦ Earn your lifeguard certificate by attending this Red Cross approved training.
- ✦ Renew your lifeguard certificate by taking the lifeguard review class.

CPR, AED, and First Aid will be taught in the course. Waterfront will also be taught! You may challenge your CPR & AED at the lifeguard review.

Participants for the lifeguard and waterfront lifeguard certification must be 15 years old. Waterfront must pass the pre-requisite 550 yd. swim of combined breast stroke and front crawl, swim 20 yds. and surface dive to retrieve a 10 lb. brick, 2 minute treading water with no hands, and swim 5 yards, retrieve 3 dive rings in one breath. Pool lifeguards only need to swim 300 yards and do not need to retrieve the 3 dive rings.

The instructor will be Jessica Atwater

When: **Lifeguard class** will run Saturdays & Sundays, March 11-March 25, 2018
Lifeguard review will be Saturday, March 10, 2018.
The lifeguard review is only for lifeguards who are renewing their certification.

Time: **The lifeguard class** is 8:00 am - 4:00 pm*
The lifeguard review will begin at 8:00 am - 5:00 pm
Water rescue skills for the review will be at 1:00 pm
**Some lifeguard classes will end at 5:00 pm*

Cost: **Lifeguard Class:** \$300, plus the cost for pocket mask & book that can be ordered online, through the Red Cross website.

Lifeguard Review: \$100
This includes CPR Challenge!
CPR only: \$85

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