



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIFEGUARDING

## American Red Cross Blended Learning

Become a skilled rescuer with American Red Cross Lifeguard Training. The purpose of this course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies, breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. A portion of this class is online and must be completed before the first day of class, please register to receive the training link.

**Attendance is mandatory for all class sessions.**

- Participant must be 15 years old before the last day of class, with proof of age.
- Must pass pre-test to continue with class: 300 swim, 2 minute treading water test, and a timed brick retrieval drill from 7 feet of water.
- Come prepared to swim with water bottle, lunch and towels.

### When:

Pre-test:

Monday, August 6, 9:00 AM

Classes:

Monday, August 6, 9:00 AM to 5:00 PM

Wednesday, August 8, 9:00 AM to 5:00 PM

Friday, August 10, 9:00 AM to 5:00 PM

### Cost:

Member: \$175

Program Member: \$190



Please contact Kathy Bugajski at 330-334-9622 with questions.

**WADSWORTH YMCA**  
623 School Dr  
Wadsworth, OH 44281  
330 334 9622

[akronymca.org](http://akronymca.org)

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

