



FOR YOUTH DEVELOPMENT

American Red Cross

American Red Cross Lifeguard/Water Park & CPR PRO & Emergency Oxygen Course

This course is a Blended Learning course, which means that students will have online work to complete before each class. **After registration, student must contact training@rcymca.org in order to receive course book and materials—the sooner the email is received the sooner the studying can start!**

To receive certification you are required to: Complete all on-line Lessons + Attend all class times + Pass written tests with an 80% + Complete water skills and CPR practical tests (hands-on)

Pre—course Swim REQUIREMENTS

YOU MUST BE 15 YEARS OLD by 7/31/2025 IN ORDER TO TAKE THIS CLASS.

- 150 yards of continuous swimming- then swimmer treads water, legs only for 2 continuous mins—then swims 50 yards to end. Continuous swim using crawl and/or breaststroke, goggles are allowed for this segment. Swimmer must swim with face in and use rhythmic breathing. Tread water, legs only— must have hands under armpits and head must remain above surface of the water (ears out).
- Starting in the water, swim 20 yards using front crawl or breast stroke (head above or below water), surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point and exit the water without using the ladder or steps. During the swim back, you must have your face above the water, both hands on the brick, and the brick on your torso. *You have 1 minute and 40 seconds for this skill* and goggles are NOT allowed.

Students MUST attend ALL of the following classes (no exceptions)

**Mon, 7/28 5-8pm; Tue, 7/29 11am-7pm, Wed, 7/30 11am-7pm AND
Thur, 7/31 11am-5:15pm**

Day 1 start = students will be tested on all skills (see above) to ensure they can stay for class.

- **Communication skills are extremely important for the lifeguard, so we require that each student be responsible for their own learning and conduct all their own communication for this course. Sign up ASAP: online or at the Y, then student must email training@rcymca.org to receive pre-course learning links.**

Please test yourself, or contact training@rcymca.org to help you, to ensure you can do the pre-swim requirements prior to registration!!!

FEES: **\$150 MEMBER - **\$185 PARTICIPANT -

Register online @ www.rcymca.org, or in person at the YMCA!

Or use this link: <https://operations.daxko.com/programs/redirector.aspx?cid=5145&pid=13392&sid=1407524>

IMPORTANT: To ensure there is adequate time for the online course work,

Student is REQUIRED, Immediately, after registration, to contact training@rcymca.org, via email only. This email will ensure student receives the link to all course work that MUST be complete by 7/27/25

Refund policy: No refunds, credits or transfers will be given once a person is registered unless the Y has to cancel the class Please do not register for the course unless you are sure of meeting the minimum requirements as there is a

****NO REFUND policy. We recommend you test yourself before registering! Participants may contact training@rcymca.org to arrange for use of Y pools. This will allow them to pretest themselves, before registration, and to practice up through course completion date.**

June 24 - 30 Register by - 7/24/25

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