



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE A LEADER BE A LIFEGUARD

WAIT. THERE'S MORE!

Work for the Y and we'll pay you
for your training time.

Starting Rate \$13 / Opening Shift \$14

Red Cross Lifeguard Certification Course WEST END Y

This blended learning course provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. Participants must attend and participate in all classes.

Prerequisites: Minimum age: 15 years of age by the last day of class; Swim 200 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

WHEN:

2 Classes Available:

Class 1: April 2, 4, 7, 9, 11, 14 5-9pm

Class 2: May 2, 5, 7, 9, 12, 14 5-9pm

LOCATION:

WEST END YMCA

36909 Ridge Road

Willoughby, Ohio 44094

Contact Sue Dietrich at sdietrich@lakecountyyymca.org

or call 440.946.1160 for more info