

## **Lifeguard Classes**

All candidates for Lifeguard Training must pass a pre-test before registering for the class. This test consists of:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete the following within 1 minute 40 seconds without goggles:
  - Starting in the water, swim 20 yards. The face may be in or out of the water.
  - Surface dive, feet or head first, 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 with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates may not swim the distance underwater.
  - Exit the water without using a ladder or steps.

Please call Alisa Willoughby 301-663-5131 ext. 1283 to schedule your test.

Once this test has been successfully completed, you will be permitted to sign up for the class of your choice. You will also receive your book and information on accessing the Red Cross website for a pre-class reading assignment and video review assignment.

Recertification Candidates: Your certification must be current (not yet expired). You may register at the front desk or on-line. You must bring your mask to class. Please review the manual and videos on [redcross.org](http://redcross.org) before attending class.

Upon successful completion of the course, students will receive a 2 year certification in Red Cross Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer.

If you have questions or need additional information, please contact Alisa Willoughby at the number above. Thank you for your interest in our classes!

### **FULL CLASS COST:**

Member \$250 Non-Member \$275 (includes mask and book)

### **RECERT CLASS COST:**

Member \$150 Non-Member \$175 (does not include mask and book)

*FEBRUARY 2021 FULL CLASS:*

*Please bring suit and be ready to swim at every class.*

Tuesday, February 16 4:30-8:00 (Meet at YMCA Hall of Fame room)

Wednesday, February 17 4:30-8:00 (Meet at YMCA Hall of Fame room)

Thursday, February 18 4:30-8:00 (Meet at YMCA Hall of Fame room)

Friday, February 19 4:30-8:00 (Meet at YMCA Hall of Fame room)

Sunday, February 21 8:00-11:00 am (Meet at YMCA pool)

Monday, February 22 4:00-7:30 (Meet at YMCA pool)

Tuesday, February 23 5:00-7:30 (Meet at YMCA pool)

Wednesday, February 24 4:00-7:30 (Meet at YMCA pool)

Thursday, February 25 4:30-6:30 (Meet at YMCA pool)

Saturday, February 27 9:00-12:00 (Meet at YMCA pool)

Sunday, February 28 8:00am-11:00am IF NEEDED FOR MAKE-UP

*FEBRUARY 2021 RECERTIFICATION CLASS*

Thursday, February 18 4:30-8:00 (Meet at YMCA Hall of Fame room)

Friday, February 19 6:00-8:00 (Meet at YMCA Hall of Fame room)

Sunday, February 21 9:00-11:00 am (Meet at YMCA pool)

Monday, February 22 4:00-7:30 (Meet at YMCA pool)

Tuesday, February 23 5:00-7:30 (Meet at YMCA pool)

Wednesday, February 24 4:00-7:30 (Meet at YMCA pool)

Thursday, February 25 4:30-6:30 (Meet at YMCA pool)

Saturday, February 27 9:00-12:00 (Meet at YMCA pool)

Sunday, February 28 8:00am-11:00am IF NEEDED FOR MAKE-UP

*APRIL 2021 FULL CLASS*

*Please bring suit and be ready to swim at every class.*

Wednesday, April 14 4:30-8:00 (Meet at South County YMCA room TBA)

Thursday, April 15 4:30-8:00 (Meet at South County YMCA room TBA)

Friday, April 16 4:30-8:00 (Meet at South County YMCA room TBA)

Sunday, April 18 8:00-3:00 (Meet at South County YMCA pool))

Monday, April 19 4:30-8:00 (Meet at South County YMCA pool)

Wednesday, April 21 4:30-8:00 (Meet at South County YMCA pool)

Thursday, April 22 4:30-8:00 (Meet at South County YMCA pool)

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