



TRAINED TO SAVE LIVES

Altavista Area YMCA



AMERICAN RED CROSS LIFEGUARD CERTIFICATION

Participants must attend all listed dates to complete certification.

Friday, October 9	4pm-9pm
Saturday, October 10	8am-6pm
Sunday, October 11	8am-6pm

Includes CPR PRO, First Aid, and AED Certification

CLASS FEES

MEMBERS: \$200

NON MEMBERS: \$225

FREE

WE'LL PAY!

The Altavista Area YMCA will cover the cost of your lifeguard certification when you join our team!



Important Course Requirements

- Participants must be at least 15 years old on or before the last day of class.
- This is a Blended Learning course. Participants will be required to complete about 8 hours of online learning.
- Participants must be present for all scheduled class hours to successfully complete the course.
- Participants must successfully complete the swim test.
- Swim-Tread-Swim- Jump feet first into the deep end of the pool and swim 150 yards using the front crawl or breaststroke only, immediately tread water for 2 minutes (no hands) then swim another 50 yards.
- Retrieve 10 pound brick from deep end of the pool (no goggles).
- Climb out of the pool without the assistance of a ladder or stairs

Ask our Aquatics Department
for details or contact:
info@altavistaymca.com