

# YMCA Lifeguard Certification Class



## Dates and Times:

March 16th from 5:30pm-8:00pm

March 17th from 8:30am-5:00pm

March 18th from 8:30am-5:00pm

March 23rd from 5:30pm-9:00pm

March 24th from 8:30am-5:00pm

## Cost:

\$225 plus a \$50 non-refundable Assessment Fee (Lifeguard Pre-Test)  
*Space is limited so sign-up NOW!!!!*

## What Student walks away with:

Lifeguard Book

Pocket CPR mask

Hip Sack

ASHI e-learning links

Whistle & Lanyard

Certifications in ASHI First Aid, Oxygen, CPro, AED , YMCA Lifeguard if satisfies all requirements

## Prerequisites:

- Must be 16 on or before the final day of the class (Parental consent for those younger than 18)
- Must be able to swim 450 yards (front crawl, front crawl w/head up, breaststroke, breaststroke w/head up, side stroke, and inverted breaststroke w/arms on stomach )
- Must be able to tread water for 2 minutes
- Must be able to do a surface dive head first and feet first and swim underwater for 15 feet.
- Sprint 60 feet, headfirst surface dive, pick up object on bottom of pool, hold object over water for 1 minute, dive down to put object back, sprint to end, give compressions for 1 minute on pool deck and wait for further instructions.
- *For More information, contact Anna Graham, Program Director at 847.410.5321 or [ggraham@ymcachicago.org](mailto:ggraham@ymcachicago.org)*



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