



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AMERICAN RED CROSS LIFEGUARDING

## FRANKLIN COUNTY FAMILY YMCA

This course is designed to give participants the basic skills and knowledge needed to be lifeguards in pools. This comprehensive course offers up to date information on how to guard, anticipate, and prevent problems and to take action to help those in need. Red Cross CPR, First Aid, and AED certifications are included in the cost of the program. Participants must pass a swim test on the first day of class in order to remain registered. *There is a non-refundable fee of \$75 for anyone who can not pass the prerequisite swim test.*

**AGES:**

15+

**WHEN:**

See Reverse

**COST:**

Members: \$250

Non-Members: \$300

Water Front Module: \$55

**CLASS LIMIT:**

4 participants per session

**LOCATION:**

ROCKY MOUNT YMCA

235 Technology Dr.

Rocky Mount Va. 24151



# SESSIONS:

**Session 1: April 5 – April 9 10:00–4:00 M-F**

**Session 2: April 26 – May 1 4:00–9:00 M-F, 9:00–5:00 Sat**

**Session 3: May 3 – May 8 4:00–9:00 M-F, 9:00–5:00 Sat**

**Session 4: May 10– May 15 4:00–9:00 M-F, 9:00–5:00 Sat**

**Session 5: May 17– May 22 4:00–9:00 M-F, 9:00–5:00 Sat**

**Session 6: May 23 – May 28 1:00–6:00 Sun, 4:00–9:00 M-F**

**Session 7: June 7 – June 12 4:00–9:00 M-F, 9:00–5:00 Sat**

**Session 8: June 14 – June 18 10:00–4:00 M-F**

**Session 9: June 21– June 25 10:00–4:00 M-F**

**Session 10: July 12 – July 16 10:00–4:00 M-F**

**Session 11: Aug 2 – Aug 6 10:00–4:00 M-F**

\*Waterfront module is only for those wanting to lifeguard at the lake; pool guards do not need the module. \*

## Prerequisites :

**LIFEGUARD COURSE:** 300 YARD SWIM FRONTCRAWL OR BREASTSTROKE, 2MIN TREAD WATER WITHOUT USING HANDS. TIMED BRICK TEST(SWIM 25 YARDS, DIVE DOWN 9 FEET TO RETRIEVE 10 LBS BRICK AND THEN USING KICK ONLY SWIM IT BACK, CLIMB OUT OF POOL WITHOUT LATTER IN UNDER 1MIN 40 SECS

**WATERFRONT:** 550 YARD SWIM FRONTCRAWL OR BREASTSTROKE, 2MIN TREAD WATER WITHOUT HANDS. TIMED BRICK TEST (SAME AS LIFEGUARD) AND A 15 YARD SWIM UNDERWATER WITHOUT GOGGLES TO RETRIEVE 3 DIVE RINGS IN A SINGLE BREATH.