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# BE A VALUED TEAM MEMBER

## Lifeguard Training OTTAWA YMCA

### Lifeguard Training – new blended learning format (15+ years old)

Course candidates will become lifeguards by gaining the necessary skills needed to recognize, prevent and respond to aquatic emergencies.

This course will be taught through the American Red Cross Blended learning program. The blended learning option allows students to complete lessons when and where they want, while onsite time focuses on the practice of lifesaving skills. Students will arrive onsite already familiar with the skills to be practiced. The class is comprised of approximately 7 hours, 25 minutes of online pre-work and a minimum of 19 hours of in class time.

Participants must attend all class sessions, demonstrate competency in all required skills and scenarios, and pass the CPR/AED for the Professional Rescuer, First Aid, and Lifeguarding Skills final written exams with a minimum grade of 80%. If certification requirements are not met, certification will not be awarded and no refund will be given.

### Prerequisites

Participants must be able to swim 300 yards continuously using any combination of front crawl and breast stroke, tread water for 2 minutes using only the legs, surface dive 9 feet to retrieve a 10 pound brick and swim to the starting point holding the brick on top of the water.

### Upcoming Class Dates and Times

Wednesday, April 11 | 7:00–9:00 PM

Thursday, April 19 | 6:00–9:00 PM

Tuesday, April 24 | 6:00–9:00 PM

Sunday, April 29 | 2:00 – 7:00 PM

Tuesday, April 17 | 6:00–9:00 PM

Sunday, April 22 | 2:00 – 8:00 PM

Thursday, April 26 | 6:00–9:00 PM

### Registration Fee

- \$250 Y Member
- \$300 Program Participant

Ottawa YMCA  
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