

YLIFEGUARDING™

We build strong kids, strong families, strong communities.

The YMCA lifeguarding certification certifies a lifeguard to work at a water front, pool, or water park. Each participant must have American Red Cross CPR/AED for the Professional, First Aid and Oxygen**. The lifeguarding certification is good for 2 years.

Each participant must be able to pass the following pre-requisites:

- **Swim 500 yards (100 yards each- Front crawl, back crawl, breast stroke, elementary back stroke, and side stroke).**
- **Tread water for 2 minutes with legs only.**
- **Head first and feet first surface dives in 9 feet of water, once under water swims for 15 feet.**
- **Participants must be 16 years of age by the time of class completion and are required to attend all classes.**

Class Dates and Times

Session I

Saturday March 8, 2008	10:00am-5:30pm
Saturday March 15, 2008	10:00am-5:30pm
Saturday March 22, 2008	10:00am-5:30pm
Saturday March 29, 2008	10:00am-5:30pm

Session II

Sunday April 20, 2008	10:00am-5:30pm
Sunday April 27, 2008	10:00am-5:30pm
Sunday May 4, 2008	10:00am-5:30pm
Sunday May 18, 2008	10:00am-5:30pm

Cost is \$150.00 for YMCA members and \$250.00 for non-members

** If unable to obtain Red Cross CPR, Oxygen, and First Aid, please contact the YMCA if there is enough interest a course will be offered for additional cost.

For more information please contact Robin Coapman, Aquatic Director at the Birmingham Family YMCA. 248-644-9036 ext. 19 or E-mail at rcoapman@ymcametrodetroit.org