



Become a Lifeguard Today!

2010 Red Cross Lifeguard Training Schedule:

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|---|---------------------------|----------------------|
| Session 1: | October 1, 8 | 4:00 - 9:00pm |
| | October 2, 9 | 9:00 - 5:00pm |
| <i>(Participant must attend each class, each session)</i> | | |
| Session 2: | October 9, Nov. 5 | 4:00 - 9:00pm |
| | October 30, Nov. 6 | 9:00 - 5:00pm |
| <i>(Participant must attend each class, each session)</i> | | |
| Session 3: | December 3, 10 | 4:00 - 9:00pm |
| | December 4, 11 | 9:00 - 5:00pm |
| <i>(Participant must attend each class, each session)</i> | | |



Community Member Rate: \$125

Facility Member Rate: \$100

(Cost includes lifeguard book and rescue mask)

Red Cross Lifeguard Training will teach you:

- Skills and knowledge to prevent and respond to aquatic emergencies
- CPR for the Professional Rescuer
- First Aid/AED

Requirements - Participants Must:

- Be at least 15 years of age by the first day of the course attended
- Attend all training sessions
- Successfully complete a pre-course screening session which includes the following:
 - Swim 300 yards (12 laps) continuously, using these strokes: 4 laps front crawl (freestyle), 4 laps breaststroke and 4 laps either front crawl or breaststroke.
 - Swim 20 yards (front crawl or breaststroke), surface dive to a depth of 7-10 feet, retrieve a 10 pound object, and return with it to the surface and swim back 20 yards. This is a timed event.
- Perform all required skills with 100% accuracy
- Pass 3 written tests with a score of at least 80%
- All classes (except those listed in red) will meet at the Mansfield YMCA, 750 Scholl Rd.
- All days listed in red will be held at Ontario High School for deep water; please meet there!*