



**Ashland Area YMCA**

**MAKE A DIFFERENCE  
LEARN TO SAVE A LIFE**



# Lifeguard Certification

## Lifeguard Certification Prerequisites:

- at least 15 years old
- able to swim 300 yards demonstrating breath control and rhythmic breathing
- able to tread water for 2 minutes using legs only
- Complete a timed event within 1 minute, 40 seconds

Written test and rescue test will be given.

First Aid and CPR classes are included.



## Class Dates & Times

**Begins March 6th**

Mondays 6:00-9:00

Wednesdays 6:00-9:00

6 week course

**Participants must attend all classes.**

**\$150 for YMCA members**

**\$200 for Non-members**

Register today! Must sign up by

March 5th

(606) 324-6191

[www.ashlandareaymca.org](http://www.ashlandareaymca.org)