



**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, Professional Rescuer and CPR classes are included.

\*\*Will be required to purchase own pocket mask



## Class Dates & Times

**Begins April 10th**

Tues/Thurs 6-9

Sat 9-12

Ending May 8<sup>th</sup>

**Participants must attend all classes.**

**\$155 for Recertification  
\$205 for New Certification**

Register today! Must sign up by

April 9th

(606) 324-6191

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