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FOR HEALTHY LIVING  
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# **LIFEGUARD TRAINING COURSE**

**Classes starting Aug. 19**

Dates and times to be determined at first meeting

Register now by calling Holly James at (606) 324-6191

## **General Information:**

Instructor: Timmy Boggs

Phone number: (740) 550-2982 (please do not call or text after 8 p.m.)

Email address: [timmyboggs@rocketmail.com](mailto:timmyboggs@rocketmail.com)

## **Costs:**

### **Class:**

Recertification- **\$150**

New lifeguards- **\$200**

American Red Cross certificate (upon completing all requirements): **\$38 (this is for all students)**

**Pocket mask:** \$5-\$10, to get them online. Ask for type needed at the first class. The cost of a pocket mask is NOT INCLUDED in the cost for the class.

**Textbook:** The book is available online, so no cost involved.

The total time for completion of this class is around 35-40 hours.

## **Other important information:**

1. You will be certified in American Red Cross Lifeguard, CPR for the Professional Rescuer and First Aid. Your certification will last for two years.
2. You must be 15 years of age on or before the last scheduled session.
3. You must be able to swim.
4. You must pass all of the following to become a certified American Red Cross Lifeguard.
  - All swimming skills.
  - All First Aid skills.
  - All CPR for the Professional Rescuer skills.
  - Pass two-multiple choice tests (CPR/AED for Professional Rescuers and First Aid, also Lifeguard) with a score of 80% or above on BOTH TESTS.
5. You must be present for ALL classes.

### **What to bring to each class:**

- Swim suit and towel
- Paper and a writing instrument to take notes.

**ASHLAND AREA YMCA**

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