



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 (\$5-10).
Instructor will tell you which one on 1st day

Class Dates & Times

Saturday, April 23

11:00 AM-6 PM

Sunday, April 24

1:00 PM-6:00 PM

Timmy Boggs

**Participants must attend all
classes.**

***No Refunds**



\$175 for Recertification
\$240 for New Certification

Register today! Must sign up by

April 23. (606) 324-6191

www.ashlandareaymca.org