



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAVE LIVES!

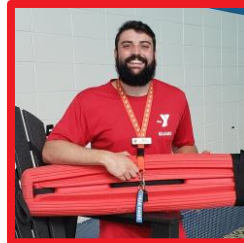
BECOME A LIFEGUARD



Lifeguard Certification and Recertification Training Ashland Area YMCA

Lifeguard Training Prerequisites:

- 15 years old
- Ability to swim 300 yards
- demonstrating breath control and rhythmic breathing
- Ability to tread water legs only 2 minutes
- Complete a surface dive 12 feet, retrieve 10 pound brick, swim on back using legs only while holding brick



Weekend course Fri/Sat
All sessions must be attended

Friday, May 19th,
6:00PM-9:00PM
through
Saturday, May 20th,
11:00AM-6:00PM
with
Timmy Boggs

Written test and rescue test will be given.

Purchase of pocket mask required (\$5-\$10).

Instructor will provide you with which one on first day.

\$180 for Recertification
\$245 for New Certification

REGISTER TODAY
at the front desk!

Must sign up by
May 19th before class begins.

Questions? Contact
Hollie Hall,
Aquatics Director
hhall@ashlandareaymca.org
(606)324-6191 ext. 228

Lifeguard Training and Recertification course candidates will become lifeguards by gaining the necessary skills needed to recognize, prevent, and respond to aquatic emergencies. The American Red Cross course certifications include Lifeguarding/First Aid/CPR/AED for Professional Rescuer (valid 2 years).