



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAVE LIVES!

BECOME A LIFEGUARD



Lifeguard Certification and Recertification Training Ashland Area YMCA

2 DAY COURSE- Both days must be attended

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 with legs only holding brick

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.

Saturday, March 25th

11:00AM-6:00PM

Sunday, March 26th

1:00PM-6:00PM

with

Haley Stroud



\$180 for Recertification
\$245 for New Certification

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

REGISTER TODAY

at the front desk!

Must sign up by

March 25th

before class begins .

Questions? Contact

Hollie Hall,

Aquatics Director

hhall@ashlandareaymca.org

(606)324-6191