



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAVE LIVES!

## BECOME A LIFEGUARD



### Lifeguard Certification and Recertification Training Ashland Area YMCA

### Class Dates & Times

Lifeguard Training Prerequisites:

- 15 years old
- Ability to swim 300 yards
- demonstrating breath control and rhythmic breathing
- Ability to tread water for 2 minutes using only legs
- 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, June 25<sup>th</sup>

11:00AM-6:00PM

Sunday, June 26<sup>th</sup>

1:00PM-6:00PM

with  
Timmy Boggs

**REGISTER TODAY**  
**at the front desk!**  
**Must sign up by**  
**June 25<sup>th</sup>.**

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

**\$175 for Recertification**  
**\$240 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).