



BE A LIFE SAVER

Lifeguard Training Sonoma County Family YMCA

SPACE IS LIMITED, SIGN UP TODAY!

Location:

1111 College Ave.
Santa Rosa, CA 95404

Course Dates/Times:

May 17-19
Friday 4-8p
Saturday 9a-5p
Sunday 9a-5p



Registration is now open.

Course fee: \$75 - *Financial Assistance is available*

****If hired by the Y, employee will receive reimbursement for training fee after 90 days of employment****

Course Details/Requirements:

- This is a blended learning class. Approximately 7 hours of eLearning must be completed in order to participate in the class. You must attend and participate in all class sessions – no exceptions.
- Participants must be 15 years old on or before the final scheduled session of this course.
- Course prerequisites (call Chad at the number below to schedule prior to the start of the course):
 - Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. *Swim goggles may be used.*
 - Tread water for 2 minutes using only the legs.
 - Complete a timed event within 1:40 seconds. Starting in the water, swim 20 yards, surface dive to retrieve a 10-lb. brick, return to the surface and swim 20yds. back to the starting point, and exit the water without using the steps or ladder.
 - **Note: Swimming is hard! It is a vigorous aerobic activity. If you have not been swimming regularly, it is highly recommended that you prepare yourself to meet these physical prerequisites.**
- Successful course completion earns 2-year certification in Lifeguarding/CPR/AED/First Aid from the American Red Cross
- Continued training is available to bridge to base-level Lifeguarding certification

OTHER DETAILS:

- ✓ After registering, you will be sent a link to the eLearning materials
- ✓ All eLearning must be completed prior to the first skills session
- ✓ Successful course completion guarantees an interview with the Y
- ✓ For questions, contact Aquatics Director, Chad Brookman – cbrookman@scfymca.org or 707-708-2745