



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHALLOW WATER LIFEGUARD CERTIFICATION COURSE

PREREQUISITES:

- Minimum age of 15 by the last day of the scheduled course.
- Those under the age of 18 must have parental consent to participate in the course.

Swim-Tread-Swim Sequence

- Swim 150 yards using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. Swimming goggles are allowed.
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
- Swim 50 yards using the front crawl, breaststroke or a combination of both.

Timed Event

Complete a timed event within 1 minute, 40 seconds.

- Starting in the water, swim 20 yards. The face may be in or out of the water. Swimming goggles are not allowed.
- Surface dive (feet-first or head-first) to a depth of 5 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face at or near the surface.
- Exit the water without using a ladder or steps.

REQUIREMENTS FOR SUCCESSFUL COMPLETION:

This is a **BLENDED LEARNING** Course. **Participants must complete the online skills portion of the course prior to the class meeting.** Participants must attend the entire scheduled class, demonstrate proficient land and water skills, and pass the written exam with a score of at least 80 percent.

CLASS SECTIONS:

Mandatory attendance to complete course.

All classes located at [YMCA Pool, 1111 College Ave, Santa Rosa, 95404](#)

- Friday, January 3rd, 2025, 4:00-8:00PM
- Saturday, January 4th, 2025, 9:00-6:00PM
- Sunday, January 5th, 2025, 9:00-6:00PM

COURSE FEES:

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

\$75 - Includes: Shallow Water Lifeguard up to 5ft, Standard First Aid and CPR/AED for Professional Rescuer Certificate (valid 2yrs)

REGISTRATION:

Log on to www.scfymca.org to register today!

Additional questions, contact Aquatics Director, Chad Brookman
cbrookman@scfymca.org or 707-708-2745

