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## Red Cross Lifeguard Review Class

The American Red Cross Lifeguard Review course is intended for people trying to re-certify as lifeguards. Review the skills and knowledge required to become an American Red Cross lifeguard, including how to recognize, prevent and respond quickly to aquatic emergencies. Learn CPR for the Professional Rescuer, AED, and First Aid. This course incorporates in-person and in-water skills. Lifeguard, First Aid and CPR for the Professional Rescuer certifications are valid for 2 years.

Prerequisites: Participants must have a current American Red Cross Lifeguard Certification or one expired by no more than 30 days. Participant must be 15 years of age or older and pass a swimming pretest on the first day of class. The skills pretested include: swimming 300 yards of front or breast stroke; swimming 20 yards to retrieve a 10-pound weight in 9 feet of water and then 20 yards back to the starting point; and treading water for two minutes.

Participants will receive certification after attending all class sessions, passing all written exams and water skills. Payment of class fees does not guarantee certification. The American Red Cross Lifeguard Review course is intended for people trying to re-certify as lifeguards. Participants that do not have a current American Red Cross Lifeguard Certification will need to take a full or blended-learning Lifeguard Class.

### Lifeguard Review Class — May 2019

Friday, 5/10 6-9pm, Saturday 5/11 10-7pm

#### Cost

\$125 for NSYMCA Members / \$150 for Non-Members

- Questions—Contact Missy Contri at [mcontri@nsymca.org](mailto:mcontri@nsymca.org)



**Employment Opportunities available. The YMCA is always looking for lifeguards and swim instructors. Apply today.**

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