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**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Red Cross Lifeguard Class

Learn 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, in-water, and online components.

Prerequisites: Participant must be 15 years of age or older, pass a swimming pretest and complete online work prior to first class. The skills pretested include: swimming 300 yards of front and 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. Registration will close 72 hours before course begins to allow participants to complete all online work prior to class. Lifeguard, First Aid and CPR for the Professional Rescuer certifications are valid for 2 years.

Classes are limited at this time due to COVID-19 restrictions.

Lifeguard Blended Learning Class

Wednesday, 3/24 9-6pm & Thursday, 3/25 9-6pm

Cost: \$200 for NSYMCA Member/ \$250 for NM

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After registration participants will receive an email with the online link for online components and pretest sign up information.

Lifeguard Review Class

Tuesday, 3/23 9-6pm

Cost: \$150 for NSYMCA Member/ \$200 for NM

The Red Cross Lifeguard Review course is intended for current lifeguards trying to re-certify. Review the skills and knowledge including how to recognize, prevent and respond quickly to aquatic emergencies. Including CPR for the Professional Rescuer, AED, and First Aid. This course incorporates in-person and in-water skills.

Participants must have a current American Red Cross Lifeguard Certification or one expired by no more than 30 days

Questions—Contact Missy Contri at mcontri@nsymca.org

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