

# 2021 AMERICAN RED CROSS LIFEGUARD TRAINING



## \$185 per participant

This lifeguarding program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water.

To successfully complete the course, participant must complete class assignments and attendance requirements, pass the written exam and a practical water skills test.

The lifeguard-training program is designed to train and to prepare individuals for the demanding occupation of a Professional Lifeguard.

### REQUIREMENTS

- Must be at least 15 years old on final day of testing
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 30 seconds

### CLASS SCHEDULE

#### March

March 5-7

March 15-17

March 19-21

March 26-28

#### April

April 9-11

April 16-18

April 23-25

April 30-May 2

#### May

May 14-16

May 21-23

May 28-30

Classes held from 10am to 7:30pm

**Registration available anytime at [ymcavictoria.org](http://ymcavictoria.org)**

Must attend all meeting times in each session to pass and receive certification.\* Fridays held as review sessions.

Class size is minimum of 5 participants and maximum of 10 per class.

Edna City pool will be used for some of the class days and participants will be notified when class begins.

For more info, contact Zachariah Reynolds  
[zreynolds@ymcavictoria.org](mailto:zreynolds@ymcavictoria.org) • 361-575-0511