

MARSHALLTOWN YMCA-YWCA AMERICAN RED CROSS LIFEGUARDING COURSE



COURSE DESCRIPTION:

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

REQUIREMENTS:

Minimum age: 15 years old by last day of class; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds.

100% Attendance as well as pass written and skills test to receive certification.

Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding, CPR for the Professional Rescuer, First Aid, Blood Borne Pathogens, and AED.

MARCH CLASS

THURS 3/17 10am-4:00pm

FRI 3/18 10:00am-4:00pm

SAT 3/19 10:00am-4:00pm

APRIL CLASS

FRI 4/8 5:00pm-9:00pm

SAT 4/9 9:00am-5:00pm

SUN 4/10 9:00am-5:00pm

MAY CLASS

FRI 5/13 5:00pm-9:00pm

SAT 5/14 9:00am-5:00pm

SUN 5/15 9:00am-5:00pm

REGISTRATION:

Available at the service desk.

All inclusive cost is **\$165**

Please contact Tariq Martin to get online portion of the class, that must be completed prior to first class or you will not be allowed in class.

TRAIN TO SAVE LIVES

MARSHALLTOWN YMCA-YWCA

108 Washington St, Marshalltown IA 50158

P 641 752 8658 www.ymca-ywca.org



eliminating racism
empowering women
ywca