

**Lifeguard/First Aid Challenge  
& CPR/AED Challenge**  
(re-certification classes)

**LG Challenge:**

is for participants who have already been certified in the past as American Red Cross lifeguards, and need to recertify their lifeguarding. **Proof of past certification within the past four years is required.** A very brief review will be given, participants should review before class.

**Cost:**

\$40.00 Members

\$60.00 Non-Members

Saturday, May 22, 10:00 am – 2:00 pm

Registration Code: 07AQLGCHALL

**CPR/AED for Lifeguards Challenge:**

is for participants who have been certified in the past in CPR/AED for lifeguards or CPR for the professional rescuer. A very brief review will be given, participants should review before class.

**Cost:**

\$40.00 Members

\$60.00 Non-members

Saturday, May 22, 3:00 – 7:00 pm

Registration Code: 07AQCPROCHAL



**MATERIALS/OTHER  
INFORMATION**

You will be provided with the Lifeguard Manual and a pocket mask.

You will need to bring a swimsuit (one-piece recommended), a towel, pen or pencil and paper each day. You should expect to get wet everyday.

Bookwork, water work and videos will be used to instruct the course.

You will be given breaks; the YMCA has snack and drink machines. You are also welcome to bring snacks, lunch or dinner with you. There is also a Subway and McDonalds located near the YMCA.

*The mission of the YMCA is to put  
Judeo-Christian Principles into  
practice through programs that  
build a healthy, mind, spirit  
and body for all.*



**LIFEGUARD  
TRAINING**



**2009-2010**

**Mary Perry Ragsdale Family YMCA**  
900 Bonner Dr. Jamestown, NC 27282  
Ph: 336-882-9622  
[www.ragsdaleymca.org](http://www.ragsdaleymca.org)

## **PREREQUISITES** **LIFEGUARD TRAINING COURSE**

The below skills will be tested at the beginning of the first day of class:

1) A 300 yard swim, there is no time limit. The first 100 will be freestyle, the second 100 will be breaststroke, and the last 100 is the participants choice of freestyle or breaststroke. There is no time requirement. You may use goggles for this portion. 25 yards = 1 length of the Ragsdale YMCA pool.

2) Swim 20 yards using front crawl or breaststroke, retrieve a 10 lb object (brick) from a depth of 9 feet and swim 1 length of the pool with the brick and exit the pool with your own strength within 1 (one) minute and 40 (forty) seconds.

3) You must turn 15 years old by the last day of class. You will need to provide proof of age.

If you do not meet the above requirements, you may not be eligible to continue the course. It is recommended that you swim laps prior to taking this class, due to the strenuous nature of this course.

If you have any questions please contact:

Katherine Page, Aquatics Director  
(336) 882-9622 ext. 235  
katherine.page@ymcagreensboro.org

## **COSTS & POLICIES**

### **Costs:**

\$175.00 Members

\$200.00 Non-Members

A minimum of 6 participants must register or the course is subject to cancellation.

A \$50.00 deposit is required to reserve your seat, the remaining balance is due the second day of class after the initial skills test is passed. If you pass the initial skill tests, pay the remaining balance, drop out, miss class, or cannot pass the written exams or in-water skills for any reason your money will not be refunded.

## **AMERICAN RED CROSS CERTIFICATIONS**

Lifeguarding/First Aid – valid for 3 years

CPR/AED for Lifeguards –valid for 2 years

Bloodborne Pathogens – valid for 1 year

You must attend all classes, receive 80% or better on all written exams and perform satisfactory in-water skills to receive the above certifications.



**American Red Cross**

## **CLASS DATES & TIMES**

### **May Class**

Wednesday, May 5, 7:30 – 8:30 pm

Thursday, May 6, 4:30 – 10:00 pm

Friday, May 7, 4:30 – 8:00 pm

Saturday, May 8, 9:00 am – 7:00 pm

Sunday, May 9, 1:00 – 6:00 pm

Registration code: May10 07AQLGMAY

### **June Class**

Wednesday, June 2, 7:30 – 8:30 pm

Thursday, June 3, 6:00 – 10:00 pm

Friday, June 4, 6:00 – 8:00 pm

Saturday, June 5, 9:00 am – 7:00 pm

Sunday, June 6, 1:00 – 6:00 pm

Registration code: June 07AQLGJUNE2