



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING AQUATIC LEADERS

WINTER & SPRING SEASON 2023

Need an excuse to go to the pool everyday?

The Grants Pass Family YMCA is offering to train and certify you as an American Red Cross Lifeguard. Develop skills in First Aid, CPR/AED, Administering Emergency Oxygen and Bloodborne Pathogens as well as basic and advance water rescue techniques and preventative safety practices.

Successful completion of the course will certify participants for up to 2 years .

Prerequisites

Must be able to complete the following prior to start of the class:
15 years or older by the last date of the class.

Swim 300 yds continuously using freestyle, breaststroke or a combination of both.

Swim 20 yds; dive 7'-10'; retrieve a 10lb weight and return to the surface; keeping both hands on the weight, and swim back to the starting point within 100 seconds or less.

Tread water for 2 minutes without the use of your hands.

Class dates & times

February 6th - February 10th

March 27th - March 31st

April 24th - April 28th

4pm to 9pm, Monday - Friday

Cost

YMCA Members: \$180*

YMCA Non-Members: \$225*

Participants will receive a lifeguard manual & resuscitation mask to keep.

*Discount & YMCA membership opportunities available to those who commit to employment at the YMCA.

