

LIFEGUARD TRAINING AMERICAN RED CROSS BLENDED LEARNING FORMAT



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLENDED LEARNING COURSE

This blended learning class includes 17 hours of in person class hours, as well as, 10 hours of online course work.

Candidates must attend one Pre-test session and demonstrate the following requirements in order to be accepted into the course:

- Swim 300 yards
- Tread water for two minutes using legs only
- Retrieve a 10 pound object from a depth of 9 feet and tow it for 25 yards.
- Turn 15 years old by the last day of class

Cost:

New Certification: \$175

Includes Lifeguard, First Aid, CPR and AED certifications

Registration:

Register at the Spencer YMCA or online at spencerymca.org

Online Registration Code:

#02502-01



American Red Cross



COURSE DATES:

Pre-Test: 4:00p - 6:00p (choose ONE)

OPTION 1: Thursday, December 13, 2018

OPTION 2: Friday, December 14, 2018

*If unable to attend either date, contact Sam Larson to arrange an alternate date | slarson@spencerymca.org

Class: 8:00a - 4:00p

Thursday, December 27 & Friday, December 28

→ must attend both class days

→ bring your own lunch