



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE A LEADER

# SAVE A LIFE

# RED CROSS LIFEGUARD TRAINING



## Age 15 & older

### PHYSICAL REQUIREMENTS

- ◆ Swim 300 yards continuously demonstrating breath control using front crawl or breaststroke.
- ◆ Tread water for 2-minutes without hands
- ◆ Swim 20 yards (no goggles), surface dive and retrieve 10 lb. brick from deep end and swim 20 yards on back holding object and exit water without assistance of the ladder or stairs.
- ◆ Course also includes certifications in CPR, AED, and First Aid

### THINGS TO BRING

Participants should bring a bathing suit, towel, lunch, a pen, and water bottle.

### CANDIDATES MUST

Participate in all water and classroom sessions for the course.

Pass all water tests and achieve an 80% or better on the written lifeguard test.

Contact John Farrell, Aquatics Coordinator at 413-568-8631 or [jpfarrell@westfieldymca.org](mailto:jpfarrell@westfieldymca.org) for further questions.

### OPTION #1

April Break

4/15-4/19

10-230 PM

### OPTION #2

May 25 & 26

June 1 & 2

9-2 PM

Member: \$285

Non-Member: \$305

\*\$100 Deposit required at registration and remainder due after pre-screening on first day of classes. Must have 4 registered to run class.