



Greater Pittston YMCA  
10 North Main Street  
Pittston, PA 18706  
(570) 655-2255

# LIFEGUARD Certification COURSES

## American Red Cross

AMERICAN RED CROSS LIFEGUARD TRAINING will instruct:

- REQUIREMENTS
  - Must be at least 15 years old by the last day of the course
  - Attend ALL training sessions
  - Successfully complete the following prerequisites:
    - Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both. Goggles may be used.
    - Surface dive to a depth of 7-10 feet
    - Tread water for 2 minutes using legs only
    - Participants have 1 minute, 40 seconds to complete the following: Starting in the shallow end of the pool, in the water swim 20 yards, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface and swim 20 yards with legs only and exit the water without used a ladder or steps. Goggle are NOT permitted for this portion.
- **Participants must pass the entire pre-skills test in order to continue the course! FAILURE TO PASS THE PRE-TEST RESULTS IN FORFEITURE OF NON REFUNDABLE \$50 DEPOSIT. All courses are blended learning. After passing the pre course swim test they will pay the balance of the course fee in order to receive course materials.**



### Course 1

Fri. March 23 6 – 7pm (Pre-Test)  
Thurs. March 29 5pm – 9pm  
Fri. March 30 9am – 5pm  
Sat. March 31 9am – 5pm

### Course 2

Thurs. April 26 7pm – 8pm (Pre-Test)  
Fri. May 4 6pm – 9pm  
Sat. May 5 8am – 5pm  
Sun. May 6 8am – 5pm

### Course 3

Fri. May 4 5pm – 6pm (Pre-Test)  
Thurs. May 10 5:30pm – 9:30pm  
Mon. May 14 5:30pm – 9:30pm  
Tues. May 15 5:30pm – 9:30pm  
Wed. May 16 5:30pm – 9:30pm  
Thurs. May 17 5:30pm – 9:30pm

### Course 4

Thurs. May 24 6pm – 7pm (Pre-Test)  
Fri. June 8 5pm – 9pm  
Sat. June 9 7am – 4pm  
Sun. June 10 7am – 4pm



UPON PASSING THE PRECOURSE SWIM TEST A LINK WILL BE EMAILED FOR PARTICIPANTS TO COMPLETE ALL ONLINE PORTIONS OF THE CLASS PRIOR TO THE FIRST DAY OF CLASS. This course is Blended Learning.

**Course Fees\*\* Member \$160 Non-Member \$185**

**\*\*NON-REFUNDABLE REGISTRATION FEE of \$50 due at registration. This non-refundable registration fee is in addition to the above listed course fees which are due after pre-course test, which is held the first hour of the first class. There is a \$25 fee if changing course date selection after registering.**

Advanced registration is required. Minimum number of participants is required for class to run. Register online or at the front desk of the Y. Additional information contact Susan Vosik Pekala at [svpekala@greaterpittstonymca.org](mailto:svpekala@greaterpittstonymca.org) or (570) 655-2255 ext.106



Greater Pittston YMCA  
10 North Main Street  
Pittston, PA 18706  
(570) 655-2255

# LIFEGUARD RENEWAL COURSES

## American Red Cross

AMERICAN RED CROSS LIFEGUARD TRAINING will instruct:

- REQUIREMENTS
  - **MUST have a current Lifeguard Certification**
  - Attend ALL training sessions
  - Successfully complete the following prerequisites:
    - Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both. Goggles may be used.
    - Surface dive to a depth of 7-10 feet
    - Tread water for 2 minutes using legs only
    - Participants have 1 minute, 40 seconds to complete the following: Starting in the shallow end of the pool, in the water swim 20 yards, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface and swim 20 yards with legs only and exit the water without used a ladder or steps. Goggle are NOT permitted for this portion.
- **Participants must pass the entire pre-skills test in order to continue the course! FAILURE TO PASS THE PRE-TEST RESULTS IN FORFEITURE OF NON REFUNDABLE \$50 DEPOSIT. After passing the pre course swim test they will pay the balance of the course fee. Once registered, participant will be emailed a link to complete the online portion of the course.**
- **Participants MUST have a current Lifeguard Certification and show proof of Certification at the first class.** Deposit is non refundable if the participant does not show proof of a current lifeguard certification.



Course 1  
Fri. April 27 6pm – 9pm  
Sun. April 29 7am – 3pm

Course 2  
Sat. May 12  
7:30am – 6pm

Course 3  
Wed. May 30 4pm – 9:30pm  
Thurs. May 31 4pm – 9:30pm

Course 4  
Tues. June 12 9am – 12:30pm  
Thurs. June 14 9am – 12:30pm  
Fri. June 15 9am – 12:30pm



Advanced registration is required. Minimum number of participants is required for class to run. Register online or at the front desk of the Y. Additional information contact Susan Vosik Pekala at [svpekala@greaterpittstonymca.org](mailto:svpekala@greaterpittstonymca.org) or (570) 655-2255 ext.106

UPON REGISTERING FOR THE COURSE, PARTICIPANTS WILL BE EMAILED A LINK TO COMPLETE ALL ONLINE PORTIONS OF THE CLASS PRIOR TO THE FIRST DAY OF CLASS.

**Course Fees\*\* Member \$95 Non-Member \$115**

**\*\*NON-REFUNDABLE REGISTRATION FEE of \$50 due at registration. This non-refundable registration fee is in addition to the above listed course fees which are due after pre-course test, which is held the first hour of the first class. There is a \$25 fee if changing course date selection after registering.**



Greater Pittston YMCA  
10 North Main Street  
Pittston, PA 18706  
(570) 655-2255

## **AMERICAN RED CROSS**

## **WATER SAFETY INSTRUCTOR CERTIFICATON**

### **Description**

This course trains Water Safety Instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participant's progress. The courses and presentations include Parent and Child Aquatics Levels 1 and 2, Preschool Aquatics Levels 1 - 3, Learn-to-Swim Levels 1 - 6, three adult courses as well as the Basic Water Rescue and Personal Water Safety courses and more.

### **REQUIREMENTS**

To enroll, instructor candidates must be at least 16 years of age on or before the last day of the instructor course and successfully complete the precourse session which includes demonstration of swimming skill at Learn-to-Swim Level 4.

### **COURSE FEES**

\$50 Non refundable deposit with a balance due of:

Member: \$225

Non Member \$275

### **COURSE DATES**

Friday, April 13 6pm - 8pm

Friday, April 20 6pm - 9pm

Saturday, April 21 7am - 4pm

Sunday, April 22 7am - 4pm