

# GREATER PITTSTON YMCA

## AMERICAN RED CROSS CERTIFICATION CLASSES FALL 2016

### Lifeguard Renewal Course

This course is designed to re-certify a current American Red Cross Lifeguard. Candidates must have a current American Red Cross CPR/AED for the Professional Rescuer card and a current American Red Cross Lifeguarding and First Aid card. This class will renew your lifeguard, first aid and CPR/AED certifications.

The course is Blended Learning. A portion of the classroom learning will be e-learning at home, while all skills will be conducted at the YMCA. Participants will pay an additional Blended Learning Fee (\$27) for the on-line access. This MUST be paid by credit card in order to access the on-line material. This must be completed at least one week prior to the actual class meeting.

**Class Date and Time**  
Saturday, November 26 8am – 4pm

**Course Fees**  
Member \$120  
Non-Member \$135

### Lifeguard Certification Course

Participants must attend all days/times for the course. The courses are Blended Learning. A portion of the classroom learning will be e-learning at home, while all skills will be conducted at the YMCA. Participants will pay an additional Blended Learning Fee (\$35) for the on-line access. This MUST be paid by credit card in order to access the on-line material.

**Class Dates and Times**  
Pre-test Tuesday, December 20 6pm – 9pm  
Thursday, December 22 5pm – 9pm  
Tuesday, December 27 10am – 6pm  
Wednesday, December 28 5pm-9pm  
Thursday, December 29 5pm – 9pm

**Course Fees**  
Member \$200  
Non-Member \$225

### Minimum age 15 on or before the final scheduled class

#### Pass pre-course swim test:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing.
2. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed, goggles permitted.
3. Tread water for 2 minutes using only the legs. Starting 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 in 1 minute 40 seconds (goggles are not permitted).
4. 100% class attendance and participation
5. Pass both a water skills test and written exam

**NON-REFUNDABLE DEPOSIT OF \$30 due at registration; balance due after pre-course test, which is held the first hour of the first class for both the renewal and certification course.**

