



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD CERTIFICATION COURSE

WORTHINGTON AREA YMCA

This comprehensive course offers up to date information on how to guard, anticipate and prevent problems and to take action to help those in need. CPR, First Aid and AED certifications are included in the cost of the program, 30 hours of course work and hands on experience. Participants must pass a physical test on the first day of class in order to remain registered (300yd swim, 2 minutes treading water without hands and a timed recovery drill). Certification is good for 2 years. Register online or through the Front Desk.

AGES:

15+

WHEN:

March 8th, 9th & 10th: Beginning at 5:30pm Friday March 8th
May 17th, 18th, & 19th: Beginning at 5:30pm Friday May 17th

COST:

\$175.00*

*Participants will not be allowed to participate without full payment

LOCATION:

Worthington Area YMCA
1501 Collegeway
Worthington, MN 56187

FOR MORE INFORMATION:

Cory Greenway
507-376-6197 ext. 230
Cory.Greenway@ymcaworthington.org





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LIFEGUARD REVIEW COURSE

WORTHINGTON AREA YMCA

This comprehensive review course will bring Lifeguards up to the current American Red Cross Standards, and recertify them for another 2 years. CPR, First Aid and AED reviews are included in the cost of the program, 10 hours of course work and hands on experience. Participants must pass a physical test: 300yd swim, 2 minutes treading water without hands and a timed recovery drill. Each class is restricted to 10 participants.

REQUIREMENTS:

Must be a certified American Red Cross Lifeguard without an expiration past 30 days.

WHEN:

Saturday April 27th: 9:00am-8:00pm

Saturday May 4th: 9:00am-8:00pm

Sunday May 5th: 9:00am-8:00pm

COST:

\$50.00 due at the time of registration*

*Participants will not be allowed to participate without full payment

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