



We build strong kids, strong families, strong communities.

YMCA of the USA Lifeguarding Courses at the Downtown YMCA 2009-2010 Schedule

Lifeguard Full Certification

Cost- \$170 YMCA Members, \$190 Program Participants

Session B: Spring Break Intensive—April 6-10; Register by April 1. Tues-Sat. 9am-5pm

Session C: June 14-18; Register by June 9. Mon—Friday 9am-5pm

Lifeguard Recertification/Crossover (MUST be currently certified to take recert)

Cost- \$85 YMCA Members, \$110 Program Participants

Session B: March 22-25; Register by March 17. Mon-Thurs 5pm-9:30pm



Mandatory Requirements:

Minimum age 16, participants under the age of 18 must have parental consent through a signed waiver form.

Pass the following swimming test:

Swim 500 Yards, Tread water 2 minutes with legs only, Surface dive headfirst & feet first in 8-10 ft of water & swim underwater for 15 feet. Also, Full participation in the course & Successful completion of the written test is required

**EVERY CLASS MUST BE ATTENDED;
NO EXCEPTIONS.**

Questions? Please contact Downtown YMCA Aquatics Director Emily Watkins at 847-5597 or emilywatkins@lynchburgymca.org



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