



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2018

LIFEGUARD/CPR CERTIFICATION TRAINING

IN ACCORDANCE WITH AMERICAN RED CROSS STANDARDS

Location: Fayetteville YMCA, 2717 Fort Bragg Road, Fayetteville NC 28303
910-426-9622 OPT 4 ymcaofthesandhills.org

Prerequisites

- Completion of pre-swim test 1st night of class
- Consisting of Front Crawl and Breast Stroke.
- Must be 15 years old before last day of class.
- Must be pre-registered prior to start of class.
- Must pay non-refundable pre-swim testing fee.
- Must pay course balance upon successful pre-swim test.
- Must be a proficient swimmer.

Great part time employment positions available upon completion of course (Seasonal) Ages 15 and up

Lifeguard Course Certification Curriculum:

You must attend all class sessions, complete all assignments, pass water skills testing, pass written test with 80% accuracy. Upon successful completion of all, you will receive certification in American Red Course Lifeguarding, AED,CPR-PR, First Aid, and BloodBorne Pathogens.

Lifeguarding Course:

\$45.00 non-refundable testing fee due upon registration.
After passing pre-swim testing, the additional course fee balance is due \$ 140.00 YMCA members, \$ 190.00 for program participation.

Recertification course: \$45.00 pre testing fee plus additional \$75.00. Certification has not expired.

CPR for the Professional: Included in the Lifeguard curriculum also offered as a stand alone course. Dates for CPR are notated in Red and underlined. Cost for stand alone CPR \$85.00

Class Dates & Times:

January 23,24,25,26,27	March 13,14,15,16,17 20,21,22,23,24	April 3,4,5,6,7 10,11,12,13,14 24,25,26,27,28	May 8,9,10,11,12 15,16,17,18,19 22,23,24,25,26	June 5,6,7,8,9 12,13,14,15,16 19,20,21,22,23	July 10,11,12,13,14
February 20,21,22,23,24					August 7,8,9,10,11

**** Special Note ****

Unless otherwise posted the lifeguard class portion will meet Tuesday- Friday 5:00 pm - 10:00 pm.
Saturday (CPR class day for both lifeguard/CPR/AED/FA and CPR-PR/AED/FA Only) 8:00 am - 6:00 pm.
Sunday class time if needed 9:am-1:00
All females must wear a one piece swim suit.