



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GUARD

ARE YOU READY TO

WEAR THE WHISTLE?

Are you looking for a rewarding job or a career as a Professional Lifeguard? The YMCA of the Sandhills offers a full American Red Cross Lifeguard Training Course that includes CPR for the Professional Rescuer, First Aid, Administering Emergency Oxygen, equipment based rescues for aquatic environments, accident prevention and decision-making skills.

DATES

SEPTEMBER 29, 30, OCT. 1, 2023 (@FAYETTEVILLE YMCA)

FEBRUARY 16, 17, 18, 2024 (@SALEEBY YMCA)

MARCH 22, 23, 24, 2024 (@SALEEBY YMCA)

APRIL 26, 27, 28, 2024 (@SALEEBY YMCA)

MAY 24, 25, 26, 2024 (@SALEEBY YMCA)

JUNE 28, 29, 30, 2024 (@SALEEBY YMCA)

JULY 26, 27, 28, 2024 (@SALEEBY YMCA)

COST & HOW TO REGISTER

\$250

Visit www.ymcaofthesandhills.org,

Call 910-426-9622 or

email: saleebyaquatics@ymcaofthesandhills.org

REQUIREMENTS

- Must be 15 years old on or before the first day of class.
- Swim 300 yards continuously, demonstrating breathe control and rhythmic breathing.
- Tread water for 2 minutes using only legs.
- Complete a timed event within 1 min 40 sec.
 - starting in water swim 20 yards.
 - surface dive, feet or head first, to a depth of 7 to 10 feet to retrieve a 10 lb. object.
 - exit the water without using ladder or steps.

***Training includes required eLearning. This will be assigned a week before and needs to be completed before the in-person session.**