



# PROTECT LIVES

## YMCA OF THE SANDHILLS AMERICAN RED CROSS LIFEGUARD CERTIFICATION

### COURSE OVERVIEW:

Our lifeguard training course equips you with lifesaving skills that include water rescues, CPR, AED usage and first aid.

Certification is valid for two years and is recognized nationwide! Online course content to be completed prior to first training date.

Who is eligible? Anyone aged 15-99!\*

We welcome all ages who meet the minimum requirements!

\*Must be 15 or before the last day of the course.

### FEE PER CLASS:

**\$275** – YMCA Members

**\$375** – YMCA Non-Members

**(All fees due at the time of registration)**

**SCAN QR CODE FOR COMPLETE COURSE DETAILS**  
**REGISTRATION OPENS OCTOBER 13TH**



**TRAIN  
TO SAVE  
LIVES!**

### UPCOMING COURSE:

**November 7th-9th**

- **Fri: 3pm-9pm**
- **Sat & Sun: 9am-6pm**

**Fayetteville YMCA**  
**2717 Ft. Bragg Rd.**

**Registration deadline:**  
**November 4 at 11:30pm**

**Limited space! Sign up now!**

**YMCA OF THE SANDHILLS**

[www.ymcaofthesandhills.org](http://www.ymcaofthesandhills.org) | 910-426-9622, option 1