

YMCA Lifeguard Training

Class Schedule. May 20-June 3, 2010

\$170 for YMCA Members, \$210 for Non-Members
Registration begins May 1 at the Wenatchee Valley YMCA

This is a comprehensive Lifeguarding course including certification in YMCA Lifeguarding, along with CPR, First Aid, AED, and Oxygen Administration certifications. Total course length will be between 30-36 hours.

All classes at the YMCA will be classroom format unless otherwise specified. All classes held at the Eastmont YMCA Aquatic Center will be practical and skills practice. Make sure and bring a swimming suit for these classes.

Thursday, May 20 5:30-8:30 pm (EYAC)

Pre-requisite swimming skills. Victim recognition, personal safety, assists, entries, approaches.

Saturday, May 22 8:00-4:00 pm (YMCA)

CPR for the Professional Rescuer, Oxygen Administration. First Aid

Sunday, May 23 1:00-5:00 pm (EYAC)

Rescues, multiple victim rescues, exits, Spinal Management.

Tuesday, May 25 5:30-8:00 pm (YMCA)

Please read chapters 1-5

Thursday, May 27 5:30-8:00 pm (YMCA)

Please read chapters 6-10

Tuesday, June 1 6:30-8:00 pm (EYAC)

Review. Skills Testing

Thursday, June 3 5:30-8:00 pm (YMCA)

Read Chapters 11-15. Final written test

1.5 hours of job shadow will also be required to complete this course. This must be complete prior to the end of the course, and will be pre-arranged with Instructors.

**CPR for the Professional Rescuer, First Aid, AED, and Oxygen Administration certification is included in this course. If you already have current equivalent certification, please notify instructor at time of registration, and you may be exempt from participating in this segment of the course.*

A CD-ROM is included with the YMCA text. It provides valuable information and skills review. Feel free to view this information, as it will help you better prepare for the in-water segments of this course.

Thank you for your participation. Please contact me if you have any questions. 264-8289 (aaron@wenymca.org).

Aaron Lindholm
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YMCA Lifeguard Faculty

Jamie Terry
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YMCA Lifeguard Instructor

YLIFEGUARDING™

We build strong kids, strong families, strong communities.