**Lifeguard Training Classes 2018**

**Lifeguarding ($250.00)** This course is designed to train participants to be safe and effective professional lifeguards. After successful completion of this course, participants will be certified for two (2) years in the following:

# Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (C-PRO)

**Mountain View Aquatic Center:**

1. February 12 - February 28 (M/W/F) 6p-10p
2. March 5 - March 28 (M/W) 6p-10p
3. April 9 - May 2 (M/W) 6p-10p
4. April 13 - May 11 (F/S) F 6p-9p, SA 10a-4p
5. RECERTIFICATION – March 16 - March 17 (F/S) F 6p-9p, SA 10a-4P
6. RECERTIFICATION – May 18 - May 19 (F/S) F 6p-9p, SA 10a-4p

**McCleskey East Cobb Family YMCA:**

1. February 22 - February 25 (T/F/S/S) TF 4p-9p, SS 9a-6p

2. March 8 - March 11 (T/F/S/S) TF 4p-9p, SS 9a-6p

3. March 22 - March 25 (T/F/S/S) TF 4p-9p, SS 9a-6p

4. April 2 - April 6 (M/T/W/T/F) 10a-4p

5. April 19 - April 22 (T/F/S/S) TF 4p-9p, SS 9a-6p

6. May 3 - May 6 (T/F/S/S) TF 4p-9p, SS 9a-6p

7. May 10 - May 13 (T/F/S/S) TF 4p-9p, SS 9a-6p

8. May 24 - May 27 (T/F/S/S) TF 4p-9p, SS 9a-6p

9. May 31 - 6/3 (T/F/S/S) TF 4p-9p, SS 9a-6p

**West Cobb Aquatic Center:**

1. February 5 - February 21 (M/W) 5:30p-9:30p

**Cherokee Aquatic Center:**

1. February 20 - February 22 (T/W/T) 9a-6p BLENDED LEARNING

**G. Cecil Pruett Community Center Family YMCA:**

1. February 8 - February 11 (T/F/S/S) TF 5p-10p, SS 9a-7p
2. March 22 - March 25 (T/F/S/S) TF 5p-10p, SS 9a-7p

**Northwest Cobb Family YMCA:**

1. March 23 - March 25 (F/S/S) 1p-10p

**Carl E. Sanders Family YMCA:**

1. March 10 - March 18 (S/S) SAT 1p-6p SUN 12p-6p

**Lifeguarding Prerequisites:**

To be eligible for the Lifeguarding course, the participant must be 15 years of age by the final class meeting and must successfully complete the following prerequisites:

> Swim 300 yards continuously using the following strokes

# Front crawl w/rhythmic breathing and breaststroke

> Starting in the water, swim 20 yards using front crawl or breastroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object,

and exit the water without using a ladder. (time limit: 1 minute, 40 seconds)

> Tread water for 2 minutes using only your legs—hands must be kept under armpits

**Registration is online:**

\*\*Visit the [American Red Cross](http://www.redcross.org/phssux/desktop.results.jsp?type=class-type-online&type=class-type-combo&type=class-type-classroom&radius=25&courseId=cours000000000043777.&zipCode=20052&lat=38.8962778&long=-77.04420720000002&cateIds=%5bcat60002,%20catinit10020,%20cat3030020,%20catinit10012%5d.&initialProgramType=cat50001)