

TRAINED TO SAVE LIVES



YMCA Lifeguard Certification Course

Participants MUST attend all course times and complete all online tutorials PRIOR to the second day of class. Participants can complete this work during the mandatory administration day. The physical prerequisites for the course are:

- 16 years old or older by the end of the course
- Treading water for 2 min with no hands
- Two pool lengths of each: front crawl with head up, sidestroke, breaststroke, breaststroke with head up, and elementary backstroke kick with no hands
- Feet first and head first surface dive and sprint swim at least 60 feet
- Pick up object off of bottom of the pool (6 ft)
- Climb out of pool without assistance of ladder or steps
- Perform 100 compressions on a mannequin
- Listen to verbal directions given

During this YMCA Lifeguard Certification Course, you will learn the following skills: Basic Life Support, Basic First Aid, how to utilize an AED and Emergency Oxygen in a time of need, how to prevent incidents, and how to recognize and respond to emergencies in the pool and around the deck. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and waterpark environments.

TO REGISTER: Call or stop by the branch where the class is being offered or sign up online (REGISTRATION DEADLINE FOR EACH CLASS IS THE DAY BEFORE THE FIRST DAY OF CLASS. PAYMENT IS DUE UPON REGISTRATION).

ONLINE COURSE REQUIREMENTS MUST BE COMPLETED PRIOR TO THE SECOND DAY OF CLASS. Participants can complete this work during the mandatory administration day. Administration Day is required to participate in the course.

Please contact Rachael Jonas at rachaelj@ymcaneworleans.org or 504-392-9622 with any questions. REGISTER ONLINE at ymcaneworleans.org/lifeguard

BELLE CHASSE YMCA CLASSES | 504.392.9622 | 8101 Hwy 23, Belle Chasse, LA 70037 | Instructor: Tyreek Riley
YMCA Members: \$200 Community Participants \$250

April 13, 16, 17 & 18

Administration Day: April 13 from 12:00pm—2:00pm
Class Days: April 16-18 from 9:00am—5:00pm

May 29, June 3, 4, 5, 6, 7 & 8

Administration Day: May 29 6:00pm—8:00pm
Class Days: June 3—7, 4pm—8pm and June 8 from 9:00am—5:00pm

May 4, 11, 18 & 19

Administration Day: May 4 from 12:00pm—2:00pm
Class Days: May 11, 18 & 19 from 9:00am—5:00pm

EAST JEFFERSON YMCA CLASSES | 504.888.9622 | 6691 Riverside Dr., Metairie, LA 70003 | Instructor: Jessica Kingston
YMCA Members: \$200 Community Participants \$250

April 14, 20, 27 & 28

Administration Day: April 14 from 1:00pm—3:00pm
Class Days: April 20, 27 & 28 from 9:00am—5:00pm

May 29 & June 3, 4, 5, 6, 7, 8

Administration Day: May 29 from 6:00pm—8:00pm
Class Days: June 3-7 4:00pm—8pm, June 8 from 9:00am—5:00pm

May 19, 31 & June 1-2

Administration Day: May 19 from 1:00pm—3:00pm
Class Days: May 31-June 2 from 9:00am—5:00pm

WEST ST. TAMMANY YMCA CLASSES | 985.893.9622 | 71256 St. Francis Rd., Covington, LA 70433 | Instructor: Mallorie Danos
YMCA Members: \$200 Community Participants \$250

April 5, 11, 12, 13 & 14

Administration Day: April 5 from 4:00pm—6:00pm
Class Days: April 11 & 12 from 4:00pm—8:00pm
April 13 & 14 from 9:00am—5:00pm

May 10, 16, 17, 18 & 19

Administration Day: May 10 from 4:00pm—6:00pm
Class Days: May 16 & 17 from 4:00pm—8:00pm;
May 18 & 19 from 9:00am—5:00pm

April 26, May 2, 3, 4 & 5

Administration Day: April 26 from 4:00pm—6:00pm
Class Days: May 2 & 3 from 4:00pm—8:00pm;
May 4 & 5 from 9:00am—5:00pm

SOUTH PLAQUEMINES YMCA CLASSES | Port Sulphur and Buras YMCAs | Instructor: Raijon Johnson
Cost: \$75 Total (\$25 down and \$50 paycheck deduction upon hire)

April 12, 25, 26, 28-30

Administration Day: April 12 from 4:00pm—7:30pm
Class Days: April 25 & 26 from 4:00pm—8:00pm;
April 28 from 9:00am—5:00pm & 29-30 4pm—8pm
BURAS YMCA • 504-564-0591
36342 Hwy 11, Buras, LA 70041

April 8, 15-17

Administration Day: April 8 from 4:00pm—7:30pm
Class Days: April 15—17 from 9:00am—5:00pm
PORT SULPHUR YMCA • 504-564-0911
278 Civic Dr., Port Sulphur, LA 70083