

TRAINED TO SAVE LIVES

YMCA Lifeguard Certification Course

During this **YMCA Lifeguard Certification Course** you will learn the following skills: basic life support, basic first aid, utilization of AED and emergency oxygen, incident prevention, recognition and response 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.

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



LIFEGUARD TRAINING SCHEDULE

BELLE CHASSE YMCA CLASSES 8101 HWY. 23, BELLE CHASSE, LA 70037		YMCA MEMBERS: \$200 COMMUNITY PARTICIPANTS: \$250
APRIL ADMINISTRATION DAY: April 4, 12 pm-2 pm CLASS DAYS: April 15, 16, 17, 9 am-5 pm	MAY ADMINISTRATION DAY: May 9, 12 pm-2 pm CLASS DAYS: May 16, 17, 23, 9 am-5 pm	MAY/JUNE ADMINISTRATION DAY: May 30, 12 pm-2 pm CLASS DAYS: June 2, 3, 4, 9 am-5 pm
EAST JEFFERSON YMCA CLASSES 6691 RIVERSIDE DR., METAIRIE, LA 70003		YMCA MEMBERS: \$200 COMMUNITY PARTICIPANTS: \$250
MAY ADMINISTRATION DAY: May 3, 1 pm-3 pm CLASS DAYS: May 9, 16, 17, 9 am-5 pm	MAY ADMINISTRATION DAY: May 24, 1 pm-3 pm CLASS DAYS: May 29, 30, 31, 9 am-5 pm	JUNE ADMINISTRATION DAY: June 7, 1 pm-3 pm CLASS DAYS: June 12, 13, 14, 9 am - 5 pm
WEST ST. TAMMANY YMCA CLASSES 71256 ST. FRANCIS RD., COVINGTON, LA 70433		YMCA MEMBERS: \$200 COMMUNITY PARTICIPANTS: \$250
APRIL ADMINISTRATION DAY: April 5, 5 pm-7 pm CLASS DAYS: April 14, 15, 16, 9 am-5 pm	APRIL/MAY ADMINISTRATION DAY: April 24, 5 pm-7 pm CLASS DAYS: May 2, 3, 9, 9 am-5 pm	MAY ADMINISTRATION DAY: May 8, 5 pm-7 pm CLASS DAYS: May 14 & 15, 4 pm-8 pm May 16 & 17, 9 am-5 pm
SOUTH PLAQUEMINES YMCAs		COST: \$75 TOTAL (\$25 DOWN AND \$50 PAYCHECK DEDUCTION UPON HIRE)
PORT SULPHUR 278 Civic Dr, Port Sulphur, LA 70083 APRIL ADMINISTRATION DAY: April 20, 4 pm-6 pm CLASS DAYS: April 27, 28, 29, 30, 4 pm-8 pm	BURAS YMCA 36342 Hwy 11, Buras, LA 70041 MARCH/APRIL ADMINISTRATION DAY: March 30, 4 pm-6 pm CLASS DAYS: April 14, 15, 16, 9 am-5 pm	

REGISTRATION:

Call or stop by the YMCA branch location where the class is being offered OR sign up online at: ymcaneworleans.org/lifeguard
Registration deadline for each class is the day before the first day of class.

ONLINE COURSE REQUIREMENTS must be completed prior to the 2nd day of class. Participants can complete the work during the mandatory Administration Day. **ADMINISTRATION DAY IS REQUIRED TO PARTICIPATE IN THE COURSE.**

PAYMENT is due upon registration.

Please contact Rachael Jonas at rachaelj@ymcaneworleans.org or 504.568.9622 ext. 272 with any questions.