



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN SKILLS SAVE LIVES

American Red Cross Lifeguard Training VICTORIA FAMILY YMCA

The newly updated Lifeguarding program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and more. The cost is \$145.

Prerequisites:

- Must be at least 15 years old
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds
 - Starting in the water, swim 20 yards
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object
 - Surface and swim 20 yards on back with both hands holding object exit the water without using a ladder or steps

To successfully complete the course, participant must complete class assignments and attendance requirements, pass the written exam and a practical water skills test. The lifeguard-training program is designed to train and to prepare individuals for the demanding occupation of a Professional Lifeguard.



www.ymcavictoria.org



The mission of the YMCA is to put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for ALL