ON THE GUARD II Forth Addition

Class will be canceled if less than 6 participants.

DATES	LOCATION	TIME	HRS	BOOK WORK
CPR, 1st Aid Oxygen Administration classes will be taught during lifeguard classes	4-7pm YMCA 7-9pm school pool	These certifications Will be inserted into The course times 4-6:30pm ymca 6:30pm-9pm school		These classes are now incorporated into the lifeguard course **All e-learning classes must be done before 3/22/17**
Monday 3/13/17	YMCA/ H. school pool	4pm to 6:15 pm 6:30 to 9pm	5	Chapter 1, 2, & 3,
Tuesday 3/14/17	YMCA /H. school pool	4 pm to 6:15pm 6:30pm-9pm	5	Chapters 4,5,10
Wednesday 3/15/17	YMCA/ H. school pool	4 pm to 6:15pm 6:30pm-9pm	5	Chapter 6,7&8
Monday 3/20/17	YMCA/ H. school pool	4 pm to 6:15pm 6:30pm-9pm	5	Chapters 9, 11 & 12
Tuesday 3/21/17	YMCA/ H. school pool	4 pm to 6:15pm 6:30-pm-9pm	5	Chapters 13 &14
Wednesday 3/22/17	YMCA/ H. school pool	4pm to 6:15pm 6:30pm-9pm	5	Review and finish chapters
Tuesday 3/28/17	YMCA/H. school	4pm to 8pm	5	Practical/Written test
3/27/17 will be used if	**Make up class**	**If needed**	**5**	

Recertifications must attend the 1st night for paper work and pool swim test
➲ **Any questions, please contact Lee Ann at 695-4467**
➲ **You must read all scheduled bookwork chapters before each day's class.**
➲ **100% attendance is required.**
   You must be 16 at the start of the course.
   Must have an e-mail address to receive your e-learning lessons

YMCA ON THE GUARD III SWIM TEST

- **Swim 100 yards front crawl proficiently, also be proficient with sidestroke, breaststroke, and elementary backstroke**
- *Swim strokes WILL NOT be taught, you must be able to swim!*
- **Tread water – 2 minutes legs only, with 10 lb. brick.**
- **Feet first surface dive and swim under water for 1/2 length of pool.**
- **Retrieve 10 lb. of weight from the bottom of 11ft. of water.**

YMCA Member	Public
$220.00	**$300.00**
CPR- included	**CPR -included**
1St Aid - included	**1st Aid - included**
Oxygen Administration -included	**Oxygen Administration - included**
Recerts $110 bring own books	**Recerts $150. bring own books**