

ON THE GUARD II Forth Addition

Class will be canceled if less than 6 participants.

DATES	LOCATION	TIME	HRS	BOOK WORK
CPR, 1 st Aid Oxygen Administration classes will be taught during lifeguard classes	Ymca High school pool	These certifications will be inserted into the course time 4-6:15pm 6:30-9pm		These classes are now incorporated into the lifeguard course. All E-learning classes must be completed before test night
Monday 5/1/17	YMCA H. school pool	4 pm to 6:15pm 6:30 to 9pm	5	Chapter 1, 2, & 3,
Tuesday 5/2/17	YMCA/H. school pool	4 pm to 6:15pm 6:30-9pm	5	Chapters 4,5,10
Wednesday 5/3/17	YMCA/H. school pool	4 pm to 6:15pm 6:30-9pm	5	Chapter 6,7&8
Monday 5/8/17	YMCA/H. school pool	4 pm to 6:15pm 6:30-9pm	5	Chapters 9, 11 & 12
Tuesday 5/9/17	YMCA/ H. school pool	4 pm to 6:15pm 6:30-9pm	5	Chapters 13 &14
Wednesday 5/10/17	YMCA/H. school pool	4pm to 6:15pm 6:30-9pm	5	Review
Monday 5/15/17	YMCA/H. school	4pm to 6:15pm 6:30-9pm	5	Practical/Written test
Tuesday 5/16/17		Make up if needed	5	

Recertifications must attend the 1st night for paper work and pool swim test and computer information

- ☞ 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/ this is not an option.

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
recert \$110 bring own books	recert \$150 bring own books