

# ON THE GUARD II Fifth Addition

***Class will be canceled if less than 6 participants.***

DATES	LOCATION	TIME	HRS	BOOK WORK
CPR, Oxygen Administration. 1 <sup>st</sup> aid, will be during lifeguard scheduled classes.	4-6:15pm YMCA  6:30pm-9pm H. school pool	These certifications will be inserted into the course times		All materials will be handed out at class. A valid e-mail at time of registration. E-learning must be completed before test night!
Monday 4/10/2017	YMCA H. school pool	4 pm to 6:15pm 6:30 to 9pm	5	Chapter 1, 2, & 3,
Tuesday 4/11/17	YMCA/ H. school pool	4 pm to 6:15pm 6:30 to 9pm	5	Chapters 4,5,10
Wednesday 4/12/17	YMCA/ H. school pool	4 pm to 6:15pm 6:30 to 9pm	5	Chapter 6,7&8
Monday 4/17/17	YMCA/ H. school pool	4 pm to 6:15pm 6:30 to 9pm	5	Chapters 9, 11 & 12
Tuesday 4/18/17	YMCA/ H. school pool	4 pm to 6:15pm 6:30 to 9pm	5	Chapters 13 &14
Wednesday 4/19/17	YMCA  /H. school pool	4pm to 6:15pm 6:30 to 9pm	5	CPR/1 <sup>st</sup> aid
Tuesday 4/25/17	YMCA/H. school	4pm to 9pm	5	Practical/written test
Wednesday 4/26/17	YMCA/Pool	4pm-9pm	5.	Make up if needed

**Recertification needs to be there 1<sup>st</sup> night for paper work and 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 complete all e-learning and ASHI classes, and pass with an 80% or above**
- ⊖ **You must be 16 at the start of the course.**

### YMCA ON THE GUARD 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
<b>\$220.00</b>	<b>\$300.00</b>
<b>CPR- included</b>	<b>CPR -included</b>
<b>1<sup>st</sup> Aid - included</b>	<b>1st Aid - included</b>
<b>Oxygen Administration -included</b>	<b>Oxygen Administration - included</b>
<b>Recertification \$110.00</b>	<b>Recertification \$150.00</b>
<b>Bring own books</b>	<b>Bring own books</b>