

AMERICAN RED CROSS LIFEGUARD TRAINING BLENDED LEARNING FORMAT



Candidates must attend one pretest swimming option and demonstrate the following skills in order to be accepted to the course:

- Swim 300 yards
- Tread water for two minutes using legs only
- Retrieve a 10 pound object from a depth of 9 feet and tow it for 25 yards.
- Must be 15 by the last day of class



Full Certification Class:

Blended Learning Course

A blended learning class includes 19.5 hours of in person class hours, as well as, 7.5 hours of online course work.

Swim Pretest : Tuesday, May 30 9:30am

Required Classes: Thursday, June 1 9a-6p

Friday, June 2 9a-6p

Must attend both class times.

Cost: \$175

Includes Lifeguarding, First Aid, CPR and AED certifications

Registration:

Register at the Spencer YMCA or online at spencerymca.org

Online Registration Code: 02502-02 17FF

Contact Cailee Conlon more info at cconlon@spencerymca.org, 712-262-3782.