

AMERICAN RED CROSS LIFEGUARD TRAINING BLENDED LEARNING FORMAT



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

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

Four class options to chose from

Option 1:

Pre-test: April 15th at 1:00p OR April 20th at 4:00p

Class: April 28th & 29th from 9:00a-6:00p

Option 2:

Pre-test: April 22nd at 1:00p

Class: May 5th & May 6th 9:00a-6:00p

Option 3:

Pre-test: Sunday May 6th at 12:00p

Class: Tuesday May 22nd 9:30a-2:30p

Wednesday May 23rd 9:30a-2:30p

Thursday May 24th 9:30a-2:30a

Option 4:

Pre-Test: Sunday May 20th 1:00p

Class: Saturday June 2nd 9:00a-6:00p &
Sunday June 3rd 9:00a-6:00p



Cost: \$175

Includes Lifeguarding, First Aid, CPR and AED certifications

Registration:

Register at the Spencer YMCA or online at spencerymca.org

Online Registration Code:

02502-01 18CC

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