

LIFEGUARD TRAINING AMERICAN RED CROSS BLENDED LEARNING FORMAT



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Cost:

New Certification: \$175

Includes Lifeguard, First Aid, CPR
and AED certifications

Registration:

Registration **MUST** be complete
and paid prior to the Pre-test.
Register at the Spencer YMCA or
online at spencerymca.org



American Red Cross



BLENDED LEARNING COURSE

This blended learning class includes
16 hours of in person class hours, as
well as, 7 hours of online course work.

Candidates must attend one Pre-test
session and demonstrate the following
requirements in order to be accepted
into 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.
- Turn 15 years old by the last day of class

COURSE OPTION #1: #02502-01

Pre-Test: Thursday, May 2 @ 4:00p - 6:00p

Class: (MUST attend all 3 class times)

Friday, May 17 @ 6:00 - 10:00p

Saturday, May 18 @ 1:00 - 9:00p

Sunday, May 19 @ 8:00a - 12:00p

→ bring your own lunch

COURSE OPTION #2: #02502-02

Pre-Test: Thursday, June 13 - 4:00p - 6:00p

Class: (MUST attend all 2 class times)

Saturday, June 29 @ 8:00a - 4:00p

Sunday, June 30 @ 8:00a - 4:00p

→ bring your own lunch

If you are unable to attend the Pre-Test listed above,
contact Sam Larson (slarson@spencerymca.org) to
schedule a time to complete it AND the required videos
before the class begins