

## SPRING 2010 DANVILLE FAMILY YMCA LIFEGUARDING COURSE

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**The course fee is \$190 – Member      \$210– Non Member      (16 years or older)**

This fee includes all the course trainings listed below, books, and a rescue mask. Sign up is first-come-first-serve. The course instructor is Jessica McMasters.

In signing up for this course, participants have the potential to receive the following certifications:

- American Heart Association CPR
- American Heart Association Heartsaver First Aid
- Oxygen Administration
- AED Administration
- YMCA Lifeguarding

All the above certifications are valid for two years from the end of the course. The first four certifications must be successfully completed before being admitted into the Lifeguard portion of the course.

To participate in the Lifeguard portion of the course, participants must be able to successfully complete the following skills on Wednesday, March 24<sup>th</sup> or Wednesday, , April 7<sup>th</sup> : Depending on the course you register for.

- 500 yard (20 lengths) continuous swim using a combination of freestyle, elementary backstroke, inverted breaststroke, and sidestroke
- Retrieve an object from the bottom of the pool at a depth of approximately 11 feet
- Swim underwater for 15 feet
- Tread water for 2 minutes using the feet/legs only
- Head-first dive from the pool deck

Make up classes are not available. 100% participation is necessary! NO EXCEPTIONS! Any participant who misses has failed the course. Refunds for any unfinished portion of the course are at the discretion of the Danville Family YMCA (with proper documentation from the instructor and participant).

Participants should be aware that this course is not a swimming lesson. They should also understand that portions of the course require the physical strength to remove a victim from the bottom of the pool, to remove a victim from the water to the deck, and to swim the distance of the pool while towing a victim.

Once successfully completing the course, participants need to realize that accepting a position with any aquatics facility with a lifeguard certificate indicates that they are trained to respond in an emergency and can be liable if they do not act accordingly with the training that was provided.

## **SPRING 2010 DANVILLE FAMILY YMCA LIFEGUARDING COURSE**

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### YMCA Lifeguard Schedule – Spring Break Week

Wednesday, March 24	4:00pm – 8:00 pm	Prerequisite swim/ First Aid
Saturday, March 27	8:00am – 4:00 pm	CPR/AED and Oxygen Admin.
Monday, March 29	12:00pm – 4:00 pm	Lifeguarding (Chapters 1, 2, & 3 )
Tuesday, March 30	10:00am – 4:00 pm	Lifeguarding (Chapters 4, 5, 6 & 7)
Wednesday, March 31	10:00am – 4:00 pm	Lifeguarding (Chapters 8, 9 & 10)
Thursday, April 1	10:00am – 4:00 pm	Lifeguarding (Chapters 11, 12 & 13)
Friday, April 2	10:00am – 4:00 pm	Lifeguarding (Chapters 14 & 15)
Saturday, April 3	8:00am – Finished	Written test and water skills test

**For the Lifeguarding portion of the course, there will be classroom time and pool time every class.**

### YMCA Lifeguard Schedule – April/May course

Wednesday, April 7th	4:00 – 8:00 pm	Prerequisite swim/ First Aid
Tuesday, April 13th	4:00 – 8:00 pm	CPR/AED and Oxygen Admin.
Thursday, April 15th	4:00 – 8:00 pm	CPR/AED and Oxygen Admin.
Tuesday, April 20th	4:00 – 8:00 pm	Lifeguarding (Chapters 1, 2, & 3 )
Thursday, April 22nd	4:00 – 8:00 pm	Lifeguarding (Chapters 4 & 5)
Tuesday, April 27th	4:00 – 8:00 pm	Lifeguarding (Chapters 6 & 7)
Thursday, April 29th	4:00 – 8:00 pm	Lifeguarding (Chapters 8 & 9)
Tuesday, May 4th	4:00 – 8:00 pm	Lifeguarding (Chapters 10 & 11)
Thursday, May 6th	4:00 – 8:00 pm	Lifeguarding (Chapters 12 & 13)
Tuesday, May 11th	4:00 – 8:00 pm	Lifeguarding (Chapters 14 & 15)
Thursday, May 13th	4:00 – 8:00 pm	Written test and water skills test