



ARE YOU WHISTLE WORTHY?

LIFEGUARD TRAINING & HIRING

MARSHALLTOWN YMCA-YWCA AMERICAN RED CROSS LIFEGUARDING COURSE

MARCH CLASS

Friday 3/10 5:00pm-9:00pm
Saturday 3/11 9:00am-5:00pm
Sunday 3/12 9:00am-5:00pm

APRIL CLASS

Friday 3/31 5:00pm-9:00pm
Saturday 4/1 9:00am-5:00pm
Sunday 4/2 9:00am-5:00pm

MAY CLASS

Friday 5/5 5:00pm-9:00pm
Saturday 5/6 9:00am-5:00pm
Sunday 5/7 9:00am-5:00pm

COURSE DESCRIPTION:

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

REQUIREMENTS:

Minimum age: 15 years old by last day of class; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds.

100% Attendance as well as pass written and skills test to receive certification.

Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding, CPR for the Professional Rescuer, First Aid, Blood Borne Pathogens, and AED .

REGISTRATION:

Available at the service desk.

All inclusive cost is **\$200**

Y reimburses cost of class after 6 months of employment.

We also offer a Lifeguarding Review Course on the Sunday of each class for \$125

Please contact Shelley Lechnir to get online portion of the class, that must be completed prior to first class or you will not be allowed in class.

MARSHALLTOWN YMCA-YWCA

108 Washington St, Marshalltown IA 50158

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FOR HEALTHY LIVING
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