

YMCA LIFEGUARD CERTIFICATION



BECOME A CERTIFIED LIFEGUARD!



Online Work Must Be Completed in Advance

Prerequisite Swim:

- Tread water for 2 minutes (legs only).
- Swim 100 yards front crawl.
- Swim 50 yards each of:
 - Sidestroke
 - Breaststroke
 - Elementary backstroke
- Feet-first dive, swim 15 feet underwater.
- Sprint 60 feet, head-first dive to retrieve an object, tread water for 1 minute.
- Foot-first dive, replace the object, and return to surface.
- Swim back and exit the pool.
- Perform CPR compressions on an adult manikin.

Class One:

Where:

**Franklin YMCA
45 Forge Hill Rd**

When:

**April 19 Sat 12 - 5
April 23 Wed 12 - 6
April 24 Th 12 - 6
April 25 Fr 12 - 6
April 26 Sat 12 - 3**

Class Two:

Where:

**Franklin YMCA
45 Forge Hill Rd**

When:

**May 10 Sat 8 - 5
May 16 Fri 4 - 9
May 17 Sat 8 - 5
May 18 Sun 11 - 3**

Contact Information

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