

## AMERICAN RED CROSS LIFEGUARDING COURSE 2017

The Hazleton YWCA is offering an American Red Cross Lifeguarding course that is scheduled to begin on **Friday , April 7 at 5:00 p.m.** with a water pre-test. Participants who pass the water skills test will continue with the course beginning April 8<sup>th</sup> – April 13<sup>th</sup>. See schedule below:

Friday 15<sup>th</sup> 5-8  
Saturday 8<sup>th</sup> 2:00 – 8:00  
Sunday 9<sup>th</sup> 10:00 – 6:00  
Wednesday 12<sup>th</sup> 5:00-8:30  
Thursday 13<sup>th</sup> 5-8:30  
Wednesday 19<sup>th</sup> 5:00-8:30  
Thursday 20<sup>th</sup> 5-8:30

Registration Fee:            \$185 Y Members            \$205 Community Participants

A \$20 non refundable registration fee is required prior to the pre-test. To be eligible to register for the pre-test/course the participant must be 15 years old or older before the scheduled end of the course on April 20<sup>th</sup>. Payment can be made at the Y or done over the phone with a credit card. (Proof of age must be shown the day of the water test.)

The water pre-test includes:

- 1. Swim 300 yards continuously** demonstrating breath control and rhythmic breathing, using crawl stroke or breast stroke. Swimming on your back or side is not allowed. Swim goggles may be used.
- 2. Tread water for two minutes using legs only.**
- 3. Complete a timed event in 1 min. 40 sec.** Swim 20 yards (goggles not allowed) - Surface dive - retrieve a 10 pound brick - return to the surface and swim on your back, keeping your face at the surface - exit water without using steps or a ladder.



**You must attend all sessions.**

The course fee includes your Lifeguarding textbook, pocket mask, first aid training materials and certification fees for Lifeguarding, First-aid and CPR/AED for the Professional Rescuer.

**Hazleton YWCA    75 S. Church Street , Hazleton PA 18201**  
**(570)-455-2046    or on the web @ [www.hazletonywca.org](http://www.hazletonywca.org)**