

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 8th – April 13th. See schedule below:

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