



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD CERTIFICATIONS

Piedmont Family YMCA

This is an American Red Cross blended learning course and will require seven hours of additional course work outside of class times. Upon successful completion, participants will receive an American Red Cross Lifeguarding Certification, including First Aid, CPR, and AED.

Ages: Must be 15 by the last day of the course

Pre-Screen: 300 yard swim (freestyle, breaststroke), 20 yard brick retrieval, 2 minutes treading water

When: 2 Winter/Spring Classes to choose from
JANUARY CLASS January 8-10
MARCH CLASS March 12-14
Times: Friday 5-8pm, Saturday and Sunday 8am-3pm

Location: Brooks Family YMCA

Cost: \$165 (fees waived for staff committed to work at the Piedmont Family YMCA, must pass interview prior to registration)

Questions:

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434-974-9622

Register: Online at PiedmontYMCA.org

