



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAVE LIVES! BECOME A LIFEGUARD



Lifeguard Certification and Recertification Training Ashland Area YMCA

Lifeguard Training Prerequisites:

- 15 years old
- Ability to swim 300 yards
- demonstrating breath control and rhythmic breathing
- Ability to tread water legs only 2 minutes
- Complete a surface dive 12 feet, retrieve 10 pound brick, swim on back with legs only holding brick



Weekend course Fri/Sat/Sun
All sessions must be attended

**Friday, June 23,
4:00PM-8:00PM**

**Saturday, June 24,
11:00AM-6:00PM**

**Sunday, June 25,
1:00PM-6:00PM**

with

Haley Stroud

Written test and rescue test will be given.

Purchase of pocket mask required (\$5-\$10).

Instructor will provide you with which one on first day.

REGISTER TODAY

at the front desk!

Must register by

June 23

before class begins .

Questions? Contact

Hollie Hall,

Aquatics Director

hhall@ashlandareaymca.org

(606)324-6191 ext. 228

**\$180 for Recertification
\$245 for New Certification**

Lifeguard Training and Recertification course candidates will become lifeguards by gaining the necessary skills needed to recognize, prevent, and respond to aquatic emergencies. The course certifications include Lifeguarding/First Aid/CPR/AED for Professional Rescuer (valid 2 years).

Please complete and turn in during registration.
Email required to receive lifeguard certificate.

Name: _____

Birthday: _____

Address: _____

Email: _____

Phone: _____

Please circle answer: Initial Certification or Review/Recertification