



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SKILLS THAT SAVE

American Red Cross Lifeguard Training (BLENDED LEARNING) CANTON FAMILY YMCA

The purpose of this course is to give participants the skills and knowledge needed to be a lifeguard. The blended learning is designed to provide flexible online learning for the knowledge based aspects of the lifeguarding course as well as the in classroom portion.

Participants will learn Lifeguarding rescue skills, professional rescuer CPR, first aid, and how to utilize an AED.

- Fee: Members \$300
 Community \$325
- Must be at least 15 years old
- Prerequisites: Monday December 26th @ 5:30
 - Swim 300 yards continuously
 - Retrieve a 10-pound brick from the deep end of the pool and swim it back 20 yards in a minute and 30 seconds
 - Tread water for 2 minutes.

WHEN: December 27th-30rd
TIME: 10:00AM-3:30PM ALL DAYS
CONTACT: CALEB TAYLOR
 (309) 647-1616
 cantonymcaaquatics@gmail.com



You are encouraged to register as early as possible in-order to complete the online material.