

### FOR YOUTH DEVELOPMENT

FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# SERVING THE COMMUNITY THROUGH WATER SAFETY

# HEALTH, WELL-BEING & FITNESS Lifeguard Training MARION FAMILY YMCA

#### Where

Marion Family YMCA

#### Cost

Member: \$250.00

Program Participant: \$275.00

## When

Wednesday April 4, 5:30-8:30pm Thursday April 5, 6:00-10:00pm Friday April 6, 6:00-9:00pm Saturday April 7, 11:00am-3:00pm Sunday April 8, 11:00am-3:00pm

Thursday April 12, 6:00-10:00pm Friday April 13, 6:00-9:00pm Saturday April 14, 10:00am-2:00pm



# **Additional Info:**

The class will be taught by the Marion Family YMCA, and the class will only be accepting a limited number of participants. Participants must attend ALL class dates and times to be eligible for successful certification.

The schedule is subject to slight deviation.

# **Prerequisites:**

Participants must be able to swim 300 yards continuously using these 3 strokes in the following order: 100 yards crawl, 100 yards breastroke, and 100 yards side stroke.

Participants must be able to swim 20 yards by front crawl of breastroke, dive to a depth of 7 to 10 feet and recover a 10 pound object, then return the object to the surface and swim 20 yards back to the starting point with the object in 1:40 or faster.

You must be 16 years old by the first day of the class.