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# SERVING THE COMMUNITY THROUGH WATER SAFETY HEALTH, WELL-BEING & FITNESS

## Lifeguard Training

MARION FAMILY YMCA

### Where

Marion Family YMCA

### Cost:

Member: \$125.00

Program Participant: \$200.00

### When:

Thursday, April 23 7:00 - 8:00pm information meeting

Friday, April 24 5:00pm - 9:00pm

Saturday, April 25 8:00am - 6:00pm

Sunday, April 26 12:00pm - 5:00pm

### Additional Info:

This is a YMCA Lifeguard Certification. Participants must be 16 years or older by the first day of the class in order to take the course. Participants must attend ALL class dates and times to be certified. Class is open to a limited number of 20 participants.

### Prerequisites:

Participants must complete the following Physical Competency Requirements on the first day of class to be eligible for certification:

Tread water for 2 minutes . Swim 100 yard of the front crawl, 50 yards of front crawl with the head up, sidestroke, breaststroke with head up and elementary backstroke kick with hands on the chest. Perform a feet first surface dive in 8 to 10 feet of water (maximum depth of training facility). Then swim under water for 15 feet.

Participants are expected to bring a swim suit and be prepared to get in the water every day of class.

Please refer any questions to the Aquatics Director, Justis Davis at [jdavis@marionfamilyymca.org](mailto:jdavis@marionfamilyymca.org) or 740-725-9622 ext 23.



**MARION FAMILY YMCA**  
**WOPAT YMCA CENTER**  
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