



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Lifeguard Recertification Training

MARION FAMILY YMCA

Where

Marion Family YMCA

Cost:

Member: \$80.00

Program Participant: \$125.00

When:

Thursday, March 19 7:00 - 8:00pm information meeting

Friday, March 20 5:00pm - 9:00pm

Saturday, March 21 8:00am - 6:00pm

Sunday, March 22 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 or 740-725-9622 ext 23.



**MARION FAMILY YMCA
WOPAT YMCA CENTER**
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