



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WANTED YMCA LIFEGUARDS Winter Break Special!

American Red Cross Lifeguard Certification

ALL CLASSES ARE HELD AT THE PARKVIEW HUNTINGTON YMCA
PARTICIPANTS MUST ATTEND ALL CLASSES

DAYS / TIMES:

Tuesday, December 26th 4-8PM

Wednesday, December 27th 4-8PM

Thursday, December 28th 4-8PM

Friday, December 29th 4-8PM

COST: \$50 for Y MEMBERS

\$200 for COMMUNITY MEMBERS

PREREQUISITES FOR THE CLASS:

- Must be age 15 before the last class session
- Swim 300 yards continuously, demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds

