



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEP SWIMMERS SAFE

HELP SAVE LIVES

SHALLOW WATER LIFEGUARD TRAINING

SPACE IS LIMITED, SIGN UP TODAY!

Location:
Sonoma County Family YMCA
1111 College Ave, Santa Rosa, CA 95404

Course Dates:
March 9th & 10th- *Blended Learning Course*
9:00-6:30PM (Participants must attend BOTH days)

FEES:
\$50/includes instruction, certification cards, snacks and manuals.

Participants must successfully:

- Must be 15 years old on or before the final scheduled session of this course.
- Swim 100 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles are allowed.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
- Complete a timed event within 50 seconds. Starting in the water, swim 20 yards using the front crawl or breaststroke. Submerge to a depth of 4 to 5 feet to retrieve a 10-pound object. Return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water and exit the water without using a ladder or steps. The face may be in or out of the water. *Swim goggles are not allowed.*
- Course also includes CPR, First-Aid, AED and Title 22 certifications.
- Fee includes snacks and certification cards (lunch/dinner is not included.)



IMPORTANT DETAILS

ANYONE INTERESTED MUST PICK UP A WELCOME LETTER WITH E-LEARNING LINK AND SIGN A WAIVER PRIOR TO ATTENDING CLASS.

Registration begins January 5th.

Please note: registration in the class does not guarantee certification.

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