Learn lifesaving skills, get your certification, and get a jump on the summer job market as well as confidence you can take anywhere!

- Class is limited to 15 students
- Minimum 15 years old
- Class pre-requisites:
  - untimed endurance swim – 300 yards continuously.
  - Participants will also need to tread water for 2 min. (legs only), plus diving and deep water diving brick removal (timed event).
- Register at the front desk, over the phone or online, with credit card payment. A link to lifeguard manual will be sent to you to begin studying.
- Come in for stroke practice.

ASHLAND FAMILY YMCA
540 YMCA Way
Ashland, OR 97520
541-482-9622
aquatics@ashlandymca.org

For all those up to the challenge, this course will teach you the skills and the responsibility that goes along with being part of the lifesaving community.

Class dates and times:
March 25 11:00a – 5:00p
March 26 9:00a – 5:00p
March 27 9:00a – 5:00p
March 28 10:00a – 4:00p

$250 Y-members/$275 Community
Limited enrollment, register early!
Registration deadline is March 18, 2020

Call to schedule pre-requisites
E-Learning Hours:
5-7 hours to be completed by 3/25
Comprehensive course includes all needed certifications:
- CPR Pro/AED
- First Aid
- ARC Lifeguard Certification valid 2yrs

Ask us about:
- Reimbursement Incentive Potential
- Financial Assistance