



2412 American Red Cross Lifeguarding Training with AED at the YMCA of McHenry County

This course teaches Lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies as well as first aid and CPR certifications.

Prerequisites:

- To be eligible for the Lifeguard Training course, the candidate must be 15 years of age by the final scheduled session of this course.
- Swim 300 yards continuously using the following strokes for at least 100 yards front crawl using rhythmic breathing and a stabilizing, propellant kick. 100 yards breaststroke using a breathe, pull, glide sequence, and the remaining 100 yards of either front crawl or breaststroke (may use goggles).
- Swim 20 yards using front crawl or breaststroke, surface dive to a minimum depth of 7-10 feet, retrieve a 10-pound object and return to the surface, and swim 20 yards back to the starting point, the candidates face must remain above water, and must hold the 10-pound object with both hands (cannot use goggles). This is a timed skill, must be done under 1 minute and 40 seconds.

In the Lifeguard Training course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguarding techniques, such as surveillance: how to use rescue equipment for a distressed swimmer, active drowning victim, and passive drowning victim; and how to care for someone who may have a head, neck, or back injury.

Successful course completion requires participation in all classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. Dress comfortably. The class involves a lot of moving around during classroom work. Please arrive on time; no admittance is permitted 10 minutes after the start of class. A lunch break will be provided for all full day classes. All participants must be 15 by the last scheduled date.

To be a good American Red Cross Lifeguard, candidates must become completely familiar with the American Red Cross Lifeguard manual which will be presented in class.

Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing cardiopulmonary resuscitation (CPR) on the floor and removing someone from the water. If you have medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or health-care provider.

Upon successful completion of the American Red Cross Lifeguard Training course, you will receive an American Red Cross Lifeguard Training certificate. The Lifeguard Training certificate, which includes First Aid, is valid for 3 years. You will also receive a CPR for the Professional Rescuer/AED certificate, which is valid for 1 year.

Refunds will be issued under two circumstances:

1. Cancellations made prior to the start of the first scheduled day of class.
2. Students who do not pass any precourse test(s) will receive a refund minus thirty-five dollar administration fee.

Students who pass the precourse and choose not to complete the class, do not successfully complete the final scenarios, or do not score at least 80% on the final written exam will not receive a refund.

Any questions please contact the Aquatic Director (815) 459-4455.

Class Date & Time:

\$175.00/\$225.00 (fees include class book and pocket mask).

Code	Day	Date	Time
10AA-02412-01	March		
	Thursday	3/25	7:30pm-9:00pm
	Monday	3/29	9:00am-5:00pm
	Tuesday	3/30	9:00am-5:00pm
	Wednesday	3/31	9:00am-5:00pm
	Thursday	4/1	9:00am-5:00pm
	Friday	4/2	9:00am-5:00pm