

Show the World What You're Made of — Be a Lifeguard



WANTED:

Lifeguards (Ages 15 Plus)

Register today for American Red Cross Lifeguard Training at the YMCA of Abilene. Learn lifesaving skills to help keep people safe in, on and around the water.

Course length: approx. 30 – 37 hours

Full Class Cost \$180.00

Lifeguard Recertification \$100.00

These jobs are in high demand! Plus, American Red Cross certification is recognized nationwide so you can work anywhere in the U.S.

Here's your chance to build your résumé and show the world what you can do:

- Prepare for college and a career by developing leadership and communication skills
- Be a hero by learning lifesaving skills such as first aid and CPR
- Have fun and earn money at a job you love

Enroll Today!

COURSE PREREQUISITES:

- Swim **300 yards** continuously, using these strokes in the following order: **100 yards** front crawl (free style), **100 yards** of breaststroke and **100 yards** of either front crawl or breaststroke or combination of both.
- Starting in the water, swim **20 yards**, surface dive **7-10 feet**, retrieve a **10-pound** object, return to surface, swim back to the starting point holding object with both hands. Face must stay above water. Within **1 minute, 40 seconds**.

Participants must meet and pass all prerequisites in order to attend and complete the class. No refunds will be given after the first day of class.

CLASS WILL MEET ON: JAN. 2, 3 & 4 from: 4pm-9pm and JAN. 5 & 6 from: 9am-5pm

Classes will be held at the Redbud YMCA.

For questions please **contact: Freddy Drago**, Aquatics Director at **677-8144**.

YAQUATICS™

We build strong kids, strong families, strong communities.

