



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIFEGUARD TRAINING

YMCA OF GLENDALE IS OFFERING

## LIFEGUARD TRAINING

### Requirements

- Minimum age of 16
- Provide the online course certification prior to the first day of the class (instructions will be given to you once you register)
- Ability to swim free style 300 yards
- Ability to tread water in the deep for 3 minutes
- Ability to dive in to the deepest part of the pool and retrieve a 10 pounds brick
- Ability to swim on back for 50 yards
- Attend to all classroom, in water, and skill sessions.
- Demonstrate professionalism an ability to perform a team work
- Pass the skills test and written exam

### Registration fee: (to be paid before February 20)

\$120 for non members

\$100 for YMCA members

Register at the YMCA of Glendale, to be assigned for online training.

Additional \$41 for certification to be paid online

### Dates:

March 15,17,22,24,29,31, April 5,7,12,14,19

Fridays 4:00pm-8:00pm

Sundays 2:15pm-5:15pm

*Qualified applicant, please contact instructors:  
Norberto or Catherine 8182451774*

