



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
- 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

(not including the online course fee)

\$200.00 for non members

\$180.00 for YMCA members

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

Dates:

November 23,24, 30 December 1,7,8,14,15

Fridays 4:00pm-8:00pm

Saturdays 11:00am-3:00pm

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

