



Red Cross Lifeguarding Class



Monday - Friday June 21 - 25, 2010
10:00 am - 4:30 pm

**Includes Lifeguarding, First Aid and CPR/
AED certifications. Must attend all classes!**

Prerequisites: Must be 15+ years old and able to swim 300 yds using front crawl & breaststroke; swim 20 yds, dive down pick up 10lb brick and return to starting position with brick and exit water within 1 min. and 40 seconds. Class size is limited, and pre-registration is required!

Please note: No refunds are given for this class. There is a \$50 charge if student is unable to meet pre-requisites. Those who do not meet the requirements may receive a YMCA credit for the balance, upon request.

**Fee: \$140 Y member, \$165 non member
(book included)**

Questions? Call 503-399-2792

YLIFEGUARDING™
We build strong kids, strong families, strong communities.

Salem Family YMCA
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