



Red Cross Lifeguarding Class



Winter Break 2009

Sunday Dec. 27 1:00 - 5:30 pm

Monday Dec. 28 10:00 am - 3:00 pm

Tuesday Dec. 29 10:00 am - 8:00 pm

Wednesday Dec. 30 10:00 am - 3:00 pm

Thursday Dec. 31 10:00 am - 5:30 pm

**Includes Lifeguarding, First Aid and CPRPR/
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!

Sign up now at the YMCA!

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

Questions? Call 503-399-2792

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.

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

Salem Family YMCA
685 Court St NE
Salem, OR 97301