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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WALDO COUNTY YMCA

## 2023 LIFEGUARD COURSES

### BLENDING LEARNING LIFEGUARD COURSE

#### REQUIREMENTS **PRIOR** TO FIRST IN-PERSON CLASS

Roughly 7 hours of online work to be completed **BEFORE** first class.

\*Link will be provided via email within a week of registering.\*

#### REQUIREMENTS **DURING** IN-PERSON COURSE

- Successfully complete all prerequisite skills
- Attend all classes
- Successfully demonstrate competency
  - in all skills and rescue scenarios
- Pass two in-water final scenario tests
- Pass written exams with 80% or better

#### PREREQUISITE SKILLS

- Swim 300 yards continuously using combination of front crawl and breast stroke
- Tread water for 2 minutes using legs only
- Swim 20 yards, retrieve 10 pound object from bottom of deep end, swim on back holding object with both hands to shallow end and exit pool without ladder.

#### **MUST BE 15 YEARS OLD BY LAST DAY OF CLASS**

- All courses will take place Friday through Sunday
- All courses are subject to change due to participation numbers
- Aquatics Director retains the right to change or adjust all course dates.

### 2023 SCHEDULE

January 13 - 15

March 3 - 5

April 14 - 16

May 12 - 14

June 16 - 18

August 25 - 27

November 10 - 12

Mark your calendar  
for these FREE  
courses!