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Starting Rate \$14

Red Cross Lifeguard Certification Course WEST END Y

This blended learning course provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. Participants must attend and participate in all classes.

Prerequisites: Minimum age: 15 years of age by the last day of class; Swim 200 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

WHEN: Thursday April 16 from 5-9pm
Friday April 17 from 5-9pm
Saturday April 18 from 12:30-4:30pm
Thursday April 23 from 5-9pm
Friday April 24 from 5-9pm
Saturday April 25 from 12:30-4:30pm

FEE: \$200

LOCATION: WEST END YMCA
36069 Ridge Road
Willoughby, Ohio 44095
Contact Shanti Blatnik at sblatnik@lakecountyyymca.org

