

2024 AMERICAN RED CROSS LIFEGUARD TRAINING



\$225 per participant

Financial assistance available (YMCA lifeguards only)

This lifeguarding program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. To successfully complete the course, participant must complete class assignments and attendance requirements, pass the written exam and a practical water skills test.

REQUIREMENTS TO PASS

- Must be at least 15 years old on final day of testing
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 30 seconds



1st Class:

March 8: 5:00pm-9:00pm
March 9: 11:30am-7:30pm
March 10: 11:30am-7:30pm

5th Class:

April 12: 5:00pm-9:00pm
April 13: 11:30am-7:30pm
April 14: 11:30am-7:30pm

2nd Class:

March 16: 11:30am-7:30pm
March 17: 11:30am-7:30pm
March 19: 5:00pm-9:00pm

6th Class:

April 19: 5:00pm-9:00pm
April 20: 11:30am-7:30pm
April 21: 11:30am-7:30pm

3rd Class:

March 22: 5:00pm-9:00pm
March 23: 11:30am-7:30pm
March 24: 11:30am-7:30pm

7th Class:

April 26: 5:00pm-9:00pm
April 27: 11:30am-7:30pm
April 28: 11:30am-7:30pm

4th Class:

April 5: 5:00pm-9:00pm
April 6: 11:30am-7:30pm
April 7: 11:30am-7:30pm

8th Class:

May 3: 5:00pm-9:00pm
May 4: 11:30am-7:30pm
May 5: 1:30am-7:30pm

Class Specifications:

- Must attend all meeting times in each session to pass and receive certification.
- Class size is minimum of 5 participants and maximum of 10 per class.
- Class will be held at Barbara Bauer Briggs YMCA and pools in the area.

For more info, contact Rosalinda Ramirez at rramirez@ymcavictoria.org or 361-268-3836
Barbara Bauer Briggs Family YMCA 1806 N. Nimitz, Victoria, TX 77901