



American Red Cross

Lifeguarding Class

Get the Training you need in order to be prepared for an emergency. We offer American Red Cross lifeguarding courses all taught by our certified instructors. We are offering the full lifeguard training course which entails lifeguarding, first aid and CPR for the professional rescuer which is good for 2 years. Sign up today by stopping at the front desk or by calling at 978-774-2055.

Ages: You must be at least 15 years old by the end of the class.

When: The class will be offered over February break. The dates are Monday February 20- Thursday February 23rd from 10:00-6:00pm each day. You must attend the entire class in order to get certified.

What: The pre-test will be given on either Tuesday February 14th from 3:00-4:30 or February 16th from 7:00-8:00. 1) You must swim 300 yards continuously using either freestyle or Breaststroke. 2) You have to tread water for 2 minutes using your legs only. 3) You must swim 20 yards pick up the 10 lb brick from the bottom of the pool and swim it 20 yards back to the starting point. Then climb out of the pool in under 1 Min 40 sec. Please call or e-mail to set up an appointment.

Where: The class will be held at the Danvers Community YMCA

Instructors:

Jeff Rosenbloom Aquatics Director

Deirdre Barrett Head Lifeguard

Contact: If you have questions please contact Jeff Rosenbloom at 978-774-2055 or through e-mail jrosenbloom@danversymca.org

Price: \$275 Members/ \$325 Non-members

Danvers Community YMCA

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