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FOR HEALTHY LIVING  
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Authorized Training Provider

## Be a Valued Team Member

### Red Cross Lifeguard Training YMCA of Warren County

The purpose of the Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses, until emergency medical services personnel take over. Course candidates will earn a lifeguarding certificate through completing 8 hours of online education and 20 hours of practical application training and evaluation.

Prerequisites are - Candidates must be 15 years or older and complete the following assessment prior to the course: Swim 300 meters combination of front crawl and breaststroke (non-stop swimming); tread water for 2 minutes (non-stop) without use of hands or arms; complete a timed event by swimming 20 yards at the surface to a submerged object (10lb dive brick), then perform a surface dive to a depth of 9 feet to retrieve the object and swim back holding the brick on top of the water with both hands.

Participants must have a passing score of 80% or better on all exams and pass the final skills scenario to receive certifications. The course certifications include Lifeguarding/First Aid/CPR/AED for Professional Rescuer (valid 2 years). Must attend every class – NO EXCEPTIONS!

Fee: \$150 member / \$200 non-member – A full refund for the registration fee will be granted if you withdraw from the class two weeks or more prior to the start date; 50% will be refunded if you withdraw 1 week prior to the class start date and no refunds are available after that point.

#### Upcoming Class Dates & Times

- Prerequisite Evaluation – Please contact the Aquatics Director, Tom Sparkman, to set up an appointment for the prerequisite evaluation. This must be completed before registering for the course.
  - If you are coming from out of town and need to complete the pre-requisite on the first day of training, no refund will be offered if the LG Candidate fails to pass the prerequisites.
- Classes (register and pay for classes after passing prerequisite swim test)
  - Mar 28 – 30: 08:00 AM – 5:00 PM
  - All online training must be completed prior to the start of the first class session.

Contact Thomas Sparkman at 309-734-3183 or [TomSparkman@warrencountyyymca.org](mailto:TomSparkman@warrencountyyymca.org) with questions.

#### Register at:

Warren County YMCA  
700 W Harlem Ave  
Monmouth IL 61462

309-734-3183 [www.warrencountyyymca.org](http://www.warrencountyyymca.org)