

LIFEGUARDS ARE ABLE TO:

Describe the role lifeguards play in ensuring facility safety.

Identify how to ensure the safety of patrons when weather conditions create safety concerns.

Explain the reasons for common rules and regulations at aquatic facilities.

Describe the role that facility management plays in facility safety.

Describe the drowning process.

Identify the behaviors of a swimmer, a distressed swimmer and an active and a passive victim.

Identify and define elements of effective surveillance.

Explain proper scanning techniques and identify tactics to overcome scanning challenges.

Explain and demonstrate lifeguard rotations.

Demonstrate how to safely and effectively enter the water and approach a victim, and how to perform effective surveillance including scanning, victim recognition and lifeguard rotations.

SIGN UP TODAY!

**DECEMBER OFFERING:
DEC.26TH 27TH 28TH**

MONDAY 9:00AM - 4PM

TUESDAY 9:00AM - 4PM

WEDNESDAY 9:00AM - 4PM

COST:

M: \$250.00 / NM: \$300

Lifeguarding Pre-Course Skills Test: SWIMS ARE UNTIMED

- 300 SWIM = Pool Certification.
- 500 SWIM = Waterfront Lifeguarding.

- Two Minute Tread—NO HANDS.
- Retrieve 10 lb Brick from Deep End.

Blended Learning Class: You will need to receive and complete online course work prior to the first class.

Complete the form on the back when making payment and you will receive a link.

KENNEBEC VALLEY YMCA
31 Union Street, Augusta ME 04330
(P) 207-622-9622 (W) kvymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**LIFEGUARDING
CLASSES
KVVYMCA** **DECEMBER** **OFFERING**

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NON-MEMBERS: \$300

KEEP THIS!

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Questions and Instructor Information:

**Jamie@KVYMCA.org
207-622-9622**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Name _____

Email _____

Phone Number _____

GIVE THE KVYMCA THIS.

**WELCOME CENTER WILL DELIVER
THIS TO THE AQUATICS
MAILBOX.**

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31 Union Street, Augusta, ME 04330
(P) 207 622 YMCA (9622)
(F) 207 621 6212
www.kvymca.org**