

## 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!**

**MARCH 8TH, 9TH, 10TH:  
MAY 17TH, 18TH, 19TH:  
AUGUST 23RD, 24TH, 25TH:  
DECEMBER 20TH, 21ST, 22ND:**

**FRIDAY 5PM - 9PM  
SATURDAY 1PM - 5PM  
SUNDAY 9AM - 4PM**

### **COST:**

**MEMBERS: \$250.00  
NONMEMBERS: \$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.**

#### **PLEASE NOTE THE FOLLOWING:**

**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

**MULTIPLE CLASSES**

# **LIFEGUARDING CLASSES WINTER VYMCA OFFERING'S**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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**MULTIPLE CLASSES**

**KEEP THIS SECTION!**

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

**Questions and Instructor Information:**

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

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Cut along this line.

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**MULTIPLE  
CLASS  
OPTIONS**

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

**Name** \_\_\_\_\_

**Email** \_\_\_\_\_

**Phone Number** \_\_\_\_\_

**Month Participating** \_\_\_\_\_ **class.**

**CHECK YOUR INFORMATION!**

**GIVE THIS TO THE WELCOME CENTER  
STAFF AT KVYMCA.  
WELCOME CENTER WILL DELIVER THIS TO  
THE AQUATICS MAILBOX.**

**KENNEBEC VALLEY YMCA**  
31 Union Street, Augusta, ME 04330  
(P) 207 622 YMCA (9622)  
(F) 207 621 6212  
[www.kvymca.org](http://www.kvymca.org)