

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!

CLASS OPTIONS :

- FEBRUARY 28TH + MARCH 1ST, 2ND:
- APRIL VACATION: 22ND, 23RD, 24TH:
- JUNE 6TH, 7TH, 8TH:
- JUNE 13TH 14TH 15TH:

COST:

MEMBERS: \$250

NONMEMBERS: \$300

Lifeguarding Pre-Course Skills Test:

SWIMS ARE UNTIMED

- 200yd SWIM = Pool Certification.
- 550yd SWIM = Waterfront Lifeguarding.
- Two Minute Tread—NO HANDS.
- Retrieve 10 lb Brick from Deep End.

PLEASE NOTE THE FOLLOWING:

This is a 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
KVYMCA

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MULTIPLE CLASSES

KEEP THIS SECTION!

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Questions and Instructor Information:

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

Cut along this line.

Cut along this line.

Cut along this line.



**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.**

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