



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAVE A LIFE

LIFEGUARD TRAINING DATES & INFORMATION

YMCA LIFEGUARD COURSE—DOWNTOWN BRANCH

The YMCA Lifeguard course provides a comprehensive education centered on preventing accidents in aquatic environments and using rescue skills when needed. The program focuses on the practical knowledge that lifeguards need, including accident prevention, patron safety, victim recognition, rescue skills and problem solving as well how to give emergency care. Upon successful completion of the YMCA course, each participant will be recognized by the State of Illinois as a certified YMCA Lifeguard with additional certifications from the American Health & Safety Institute in CPR/AED for the Professional Rescuer, Oxygen Administration & Basic First Aid. This course combines classroom lecture, online e-learning swimming & water rescue practice. Participants must be 16 years of age or older.

These classes require a minimum of 4 participants.

- **February 19–March 31**

Tuesdays & Thursdays 6:00–9:00 p.m. Some Sunday pool instruction from 10:00 a.m.–12:00 p.m.

February 19—Initial meeting for participants and their parents (if under age 18) & prerequisite swim at the KERASOTES YMCA.

- **April 3–May 20**

Tuesdays & Thursdays 6:00–9:00 p.m. Some Sunday pool instruction from 10:00 a.m.–12:00 p.m.

Contact Kevin Jarvis, YMCA Lifeguard Instructor, at krjarvis5@comcast.net or 971-6041 or Linda Pfeiffer, Downtown Aquatics Director, at lpfeiffer@springfieldymca.org or 544-9846.

FEE: \$210

AMERICAN RED CROSS LIFEGUARD COURSE—KERASOTES BRANCH

This comprehensive lifeguard training program is for those who are planning to work in a pool environment. It includes all aspects of the professional lifeguard including First Aid, CPR/AED for the Professional Rescuer and Oxygen Administration. Successful completion of this course will result in American Red Cross certifications. Must be 15 years of age by the last class day to obtain certification. This course combines classroom lecture, online e-learning swimming & water rescue practice. ***These classes require a minimum of 4 participants.***

- **February 20–March 21**

Mondays & Wednesdays 6:00–9:00 p.m.

- **March 19–23 (Glenwood H.S. Spring Break)**

Monday–Friday 9:00–6:00 p.m.

- **April 2–6 (District 186 Spring Break)**

Monday–Friday 9:00–6:00 p.m.

- **April 9–May 9**

Mondays & Wednesdays 6:00–9:00 p.m.

FEE: \$210

Contact Doug Miller, Kerasotes YMCA Director of Aquatics, at dmiller@springfieldymca.org or 679-1625.

