



Greater Holyoke YMCA Lifeguarding Courses

This course is designed to give participants the basic skills and knowledge needed to be lifeguards in the pool, lakes, rivers, surf and water parks. This comprehensive course offers up to date information on how to guard, anticipate and prevent problems and take action to help those in danger. It also covers safety and survival skills every swimmer needs to know - accident prevention, guarding techniques, emergency system rescue skills, first-aid in aquatic environments, spinal injury management, weather and open water dangers, legal responsibilities and pool management.

Certification Requirements:

Current YMCA Lifeguarding, First-Aid, CPR for Professional Rescuer, AED and Oxygen Administration (these will be included in the course).

Course Prerequisites:

Must be at least 16 years old to register. Participants under 18 must have parental consent. The required swimming skills are to perform a long, shallow front dive, swim 500 yards, including 100 yards each of sidestroke, front crawl, breaststroke, sidestroke kick with one arm on stomach. Also, you must be able to tread water for at least 2 minutes with legs only. And you must be able to surface-dive head first and feet first in 8-10 feet of water and swim under water for 15 feet.

Saturday Only Course March 27 through May 1, 2010

Saturday Only Class Times:

Saturdays 8:00-2:00 PM

Last Minute June Course Week Long 6/19-6/26/2010

Week Class Times:

Saturday 8:00-2:00 PM

Monday, Wednesday, & Friday 10:30-2:30 PM

Tuesday & Thursday 8:00-3:00 PM

Saturday 8:00-2:00 PM

Fees: Members: \$210.00

Non-Members: \$260.00

Participants must be over 16 years old.

Please contact Kerry Cordis, Aquatics Director for further information at (413)534-5631 (X103) or stop by the front desk located at 171 Pine Street, Holyoke, MA 01040 to sign-up! All members can also sign-up on-line at www.holykeymca.org .

