



the **YMCA** OF  
HANNIBAL

# LIFEGUARD CERTIFICATION

## THE NEXT COURSE IS FEBRUARY 23-28

Successful completion of the American Red Cross course results in a certification for Lifeguarding (including Deep Water) with First Aid and CPR/AED for Professional Rescuers.

Candidates must be 15 years old by the last day of the course and complete two prerequisite swim tests:

1. A swim-tread-swim sequence—150 yards of swimming, 2 minutes of treading with no hands, and an additional 50 yards of swimming.
2. A timed brick swim—swimming to deep water, retrieving a 10-pound object (brick), and returning to shallow water while holding the brick with two hands.

Participants must be present for ALL course sessions in order to certify!

**Course Dates & Time:** February 23-28, 6PM-8:30PM M-F & 7AM-4:30PM Sat.

**Member Cost:** \$219

**Non-Member Cost:** \$249

**SIGN UP FOR THE NEXT LIFEGUARD  
CERTIFICATION COURSE!**



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