



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIFEGUARD REVIEW COURSE

## WORTHINGTON AREA YMCA

This comprehensive review course will bring Lifeguards up to the current American Red Cross Standards, and recertify them for another 2 years. CPR, First Aid and AED reviews are included in the cost of the program, 10 hours of course work and hands on experience. Participants must pass a physical test: 300yd swim, 2 minutes treading water without hands and a timed recovery drill. Each class is restricted to 10 participants.

### REQUIREMENTS:

Must be a certified American Red Cross Lifeguard without an expiration past 30 days. Choose one of the following dates. :

### WHEN:

Saturday April 21st: 8:00am-7:00pm

Saturday May 12th: 8:00am-7:00pm

Saturday May 26th: 8:00am-7:00pm

### COST:

\$50.00

### LOCATION:

Worthington Area YMCA  
1501 Collegeway  
Worthington, MN 56187

### FOR MORE INFORMATION:

Cory Greenway  
507-376-6197 ext. 230  
Cory.Greenway@ymcaworthington.org

