



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

