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FOR SOCIAL RESPONSIBILITY

YOU TOO CAN BE A LIFESAVER!

AMERICAN RED CROSS LEARNING LIFEGUARD CERTIFICATION LAPORTE COUNTY FAMILY YMCA ELSTON BRANCH

Pre-Test and classes will be held at our La Porte Branch YMCA - 901 Michigan Ave, La Porte, IN.
Register today at the Member Services Desk at any of our branches!

Purpose: To provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Individuals will also learn how to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Cost: Lifeguard Certification (includes certificate for lifeguarding, First Aid/CPR for professional rescuer / AED valid for 2 years, use of lifeguarding manual, personal CPR rescue mask and whistle.)

Members: \$175, (\$200 w/ Water Front)
Non-members: \$200 (\$250 w/ Water Front)
Plus a \$35 administration fee to Red Cross

Class Schedule:

Monday Dec. 26 4:00pm-6:00pm
Tuesday Dec. 27 10:00am-6pm
Wednesday Dec. 28 10:00am- 6pm
Thursday Dec. 29 (Water front only) 10a-6p

Pre-Requisite & Skills Test Requirements Before Enrollment:

Age: 16 years old on the last day of class

Skills: Swim 300 yards continuously (550 yards for water front lifeguarding), demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used. Candidate must also be able to tread water for two minutes using only their legs with their hands placed under their armpits.

Additional Skills Required:

- ⇒ Complete a timed brick water recovery within 1 minute and 40 seconds
- ⇒ Attend and participate in **all class sessions**
- ⇒ Demonstrate competency in all required skills and activities
- ⇒ Demonstrate competency in all required final rescue skill scenarios
- ⇒ Pass both the Section 1-CPR/AED for the Professional Rescuer and First Aid and Section 2- Lifeguarding Skills final written



La Porte County Family YMCA

La Porte Branch
901 Michigan Ave
La Porte IN, 46350
(219) 325-9622

Michigan City Elston Branch
1202 Spring St, Door K
Michigan City, IN 46360
(219) 221-4055

Long Beach Branch
2501 Oriole Trail
Long Beach, IN 46360
(219) 879-1395

Andrew Ave Outdoor Center
1400 Andrew Ave
La Porte, IN 46350
(219) 325-9622

Childcare & Learning Center
2510 Monroe St.
La Porte, IN 46350
(219) 326-7646



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