



We build strong **kids**, strong **families**, strong **communities**.

Sumner County Family YMCA Lifeguard Certification

Must be at least 16 years old. Parental consent is required for those under 18.
Must pass the following swim test:

1. Perform a long shallow front dive; swim 500 yards including 100 yards each of freestyle, elementary backstroke with hands on stomach, breaststroke, sidestroke and sidestroke kick with one arm forward.
2. Tread water for at least 2 minutes.
3. Surface dive head first and feet first in 8-10 feet of water.
4. Swim underwater for 15 feet.

Classes start Thursday, January 10th @ 4pm

Classes will meet on Thursdays, and Fridays from 4 – 8pm and Saturdays from 9 - 1pm through January 26th. CPR Pro and First Aid will be taught on Saturday, January 19th from 9am – 1pm and Monday January 21 from 9am – 5pm. All classes will include classroom and water time. Modest swimsuit and towels are required.

Member cost \$175 Program members \$200*

*program members pay an additional \$45 registration fee.

For more information call Marlene at the Sumner County YMCA 826-9622 ext 209

