



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Spring Break Course

Precourse Dates

- March 9th @ 7:30pm
- OR
- March 16th @ 7:30pm

Class Dates

- March 26th –30th 5-9pm
- March 31st 9-4pm

Weekend Course

Precourse Dates

- April 6th @ 7:30pm
- OR
- April 13th 7:30pm

Class Dates

- April 20th & 27th 5-9pm
- April 21st & 28th 9-4pm
- April 29th 11-4pm

Precourse:

- 300 yard swim (freestyle/breast stroke)
- 10 lb rubber brick swim (timed test)

(no goggles allowed and must be able to swim down to a depth of 7-10 feet)

- Tread water 2 minutes without the use of hands

YOU MUST PASS THE PRECOURSE IN ORDER TO SIGN UP FOR THE LIFEGUARD CLASS!

YOU MUST BE AT LEAST 15 YEARS OF AGE!

Fees

Precourse \$10.00

Lifeguard Class \$220.00

Springfield Family YMCA Lifeguarding Course



****Will obtain a two year certification in American Redcross lifeguarding, Pro CPR, AED and First Aid****

Springfield Family YMCA

300 S. Limestone St.
Springfield, Ohio, 45504

Please contact:

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