



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BECOME A LIFEGUARD



## LIFEGUARD CERTIFICATION

### EARN 5 CERTIFICATES

- First Aid
- AED
- YMCA Lifeguard
- Oxygen Administration
- CPR for the Professional Rescuer

### BENEFITS

- Flexible Hours
- Fitness Membership
- Leadership Training
- We Train and Certify
- Growth Opportunities
- Job Placement at YMCA

Cost: \$175 Age: 16 & Over (under 18 must have parental permission)

**Register Today**  
**Classes available in April & May**  
**(Class Schedule On Back)**  
**Spaces limited to 10 per class**

For more information, please contact, YMCA  
(229) 244-4646, [rgaytan@valdostaymca.com](mailto:rgaytan@valdostaymca.com)

## DATES OF THE 2017 YMCA LIFEGUARD COURSE

### April Class #1

			<i>Corresponding day on syllabus</i>
Monday	April 3	9:00am – 5:00pm	Day 1 & 2
Tuesday	April 4	9:00am – 5:00pm	Day 3, 4, 5
Wednesday	April 5	9:00am – 5:00pm	Days 6 & 7
Thursday	April 6	9:00am – 5:00pm	Days 8 & 9
Friday	April 7	9:00am – 5:00pm	Day 10
Saturday	April 8	12:30pm – 3:30pm	Shadow a LG

### April Class #2

			<i>Corresponding day on syllabus</i>
Thursday	April 20	5:00pm – 8:00pm	Day 1
Saturday	April 22	9:00am – 5:00pm	Days 2, 3, 4
Sunday	April 23	1:00pm – 6:00pm	Days 5 & 6
Monday	April 24	5:00pm – 8:00pm	Day 7
Tuesday	April 25	5:00pm – 8:00pm	Day 8
Thursday	April 27	5:00pm – 8:00pm	Day 9
Friday	April 28	4:30pm – 9:00pm	Day 10
Saturday	April 29	12:30pm – 3:30 pm	Shadow a LG

### May Class

			<i>Corresponding day on syllabus</i>
Thursday	May 4	5:00pm – 8:00pm	Day 1
Saturday	May 6	9:00am – 5:00pm	Days 2, 3, 4
Sunday	May 7	1:00pm – 6:00pm	Days 5 & 6
Monday	May 8	5:00pm – 8:00pm	Day 7
Tuesday	May 9	5:00pm – 8:00pm	Day 8
Thursday	May 11	5:00pm – 8:00pm	Day 9
Friday	May 12	4:30pm – 9:00pm	Day 10
Saturday	May 13	12:30pm – 3:30 pm	Shadow a LG