



We build strong kids, strong families, strong communities.

East Lake Family YMCA

## YMCA LIFE GUARD TRAINING COURSES

<b>Session 3- Monday-</b>	<b>October 19, 2009 CPRO</b>	<b>5 pm - 10 pm</b>
<b>Tuesday-</b>	<b>October 20, 2009 CPRO</b>	<b>5 pm- 10 pm</b>
<b>Wednesday-</b>	<b>October 21, 2009</b>	<b>5 pm- 9 pm</b>
<b>Thursday-</b>	<b>October 22, 2009</b>	<b>5 pm- 9 pm</b>
<b>Friday-</b>	<b>October 23, 2009</b>	<b>5 pm- 9 pm</b>
<b>Saturday-</b>	<b>October 24, 2009</b>	<b>9 am- 6 pm</b>

**Registration Deadlines: October 12th**

Cost: \$225 Facility Member, \$275 Program Member\*  
\*Program membership \$25.00 Individual or \$35.00 Family  
Manuals & CPRO Prerequisites included in fee

## AMERICAN HEART ASSOCIATION CPR, INFANT, CHILD, AND ADULT

**Saturday- September 5, 2009 10:00 am - 2:00 pm**  
**Registration Deadline: September 3rd**

**Sunday- November 1, 2009 1:00 pm - 5:00 pm**  
**Registration Deadline: October 31st**

Cost: \$55 \*Program membership  
\$25.00 Individual or \$35.00 Family  
Manuals & CPRO Prerequisites included in fee

### Course Location

East Lake Family YMCA , 275 East Lake Blvd., Atlanta, GA 30317

For more information, contact Quandra Collins, Aquatics Director,  
at (404) 373-6561, ext. 5648 or email at [quandrac@ymcaatlanta.org](mailto:quandrac@ymcaatlanta.org)



# **Y**LIFEGUARDING™

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## **Prerequisites:**

- **Current first aid and Current CPR for the Professional Rescuer.**
- **Complete medical clearance, Minimum age 16 by course start date. If under the age of 18, participant must have parental consent to take this course. Every participant must be able to pass the following swimming test:**
  - 1. Perform a long, shallow front dive and the swim 500 yards, including 100 yards each of: side stroke, front crawl, breaststroke, sidestroke kick with one arm forward and inverted breaststroke kick with arms on the stomach.**
  - 2. Tread water for a least two minutes with legs only.**
  - 3. Surface dive headfirst and feet first in 8 to 10 feet of water and swim underwater for 15 feet.**

*If you are unable to complete the course prerequisites, you will not pass the course. Must attend all dates and times of one complete session to pass the course.*

## **Course Location**

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Atlanta, GA 30317**

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