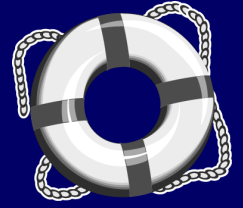


YWCA LOWER CAPE FEAR

LIFEGUARD CLASSES 2021



2021 CLASS SCHEDULE

BLENDED LEARNING

CLASS #1

March 3

Time: 5:30-9:30 p.m.

March 6 and 7

Time: 12:00-6:00 p.m.

CLASS #2

March 17

Time: 5:30-9:30 p.m.

March 20 and 21

Time: 12:00-6:00 p.m.

CLASS #3

April 28

Time: 5:30-9:30 p.m.

May 1 and 2

Time: 12:00-6:00 p.m.

CLASS #4

June 10

Time: 5:30-9:30 p.m.

June 12 and 13

Time: 12:00-6:00 p.m.

TRADITIONAL LEARNING

CLASS #1

May 13 and 14

Time: 6:00-9:00 p.m.

May 15 and 16

Time: 9:00 a.m.-6:00 p.m.

CLASS #2

June 14,15,16,17, and 18

Time: 9:00 a.m.-2:00 p.m.

**799-6820
Ext.110**

The YWCA of the Lower Cape Fear is proud to offer American Red Cross lifeguarding classes this Spring. Successful candidates will receive a 2-year Lifeguarding/CPR/AED/First Aid certification.

Two class formats are available to meet your needs.

In the **Blended Learning Program**, participants will complete 7 hours of online training prior to the in-person sessions. The instructor will email participants information about the online learning the week they enroll in the program.

In the **Traditional Learning Program**, all instruction is done in person.

Requirements for all classes:

- ⇒ Be on time and be prepared for class.
- ⇒ There are no makeup classes. Students must attend all scheduled classes.
- ⇒ Bring all equipment to each class session, including: rescue-ready bathing suit, towel, sun protection, lifeguard manual (provided), notebook, snacks, water, and pocket mask (provided).

COVID-19 Considerations: The instructor will provide a complete list of COVID-specific class modifications. We ask participants to try to take a class with a friend, sibling or co-worker, if possible. Although we minimize contact as much as possible, we cannot eliminate contact or maintain social distancing in this training program.

Students must pass a pre-test in order to participate in the class. This test consists of a 300 yard swim, two minute tread and a deep water dive to retrieve a ten pound brick. Must be fifteen years old to participate. Need four students to conduct class and limited to six participants per class.

Cost: \$275.00



**American
Red Cross**

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empowering women **ywca**



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