

# YWCA LOWER CAPE FEAR

## LIFEGUARD CLASSES 2022



### 2022 CLASS SCHEDULE

#### BLENDED LEARNING

##### CLASS #1

February 23

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

February 26 and 27

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

##### CLASS #2

March 16

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

March 19 and 20

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

##### CLASS #3

March 30

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

April 2 and 3

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

##### CLASS #4

May 11

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

May 14 and 15

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

##### CLASS #5

May 31 and June 1, 2 and 3  
9:00 a.m.-1:00 p.m.

##### CLASS #6

June 8

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

June 11 and 12

Time: 12:00-6:00 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.**

All 2022 Course offerings are Blended Learning

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.

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 eight participants per class.**

**Cost: \$275.00**



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