



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE A VALUED TEAM MEMBER

YMCA Lifeguard Training Cortland County Family YMCA McDonald Pool

Lifeguard Training (16+ years old)

The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and waterpark environments. The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. Students must attend every class-NO EXCEPTIONS. Fee: \$200 Y Members | \$250 Non-Members

Physical Competency Requirements

Participants must successfully pass the competency requirements to complete the YMCA Lifeguard course. Students begin with treading water for 2 minutes with no hands followed immediately by a 100 yard swim of front crawl. Students then must then swim 50 yards each of the following: Front crawl with head up, sidestroke, breaststroke, breaststroke with head up, and elementary backstroke kick with hands on chest, followed by a feet-first surface-dive to the bottom of the pool, touch bottom of pool, and swim underwater for 15 feet. The final phase of the swim test includes a 60 foot front crawl sprint, head-first surface dive to the bottom of the pool, pick up object from the bottom, surface, tread water for 1 minute with legs only, and replace the object back to the bottom of the pool. Surface and swim the remaining length to the end of the pool, hoist yourself out of the water without using the ladder or other assistance, and immediately being CPR compressions on an adult manikin for 1 minute; stand and listen to directions from instructor.

Class Dates & Times

Friday, Dec 2 | 5:00 – 7:30 pm; **Saturday, Dec 3** |
12:00 – 6:00 pm; **Sunday, Dec 4** | 10:00 – 4:00 pm;
Friday, Dec 9 | 3:30 – 9:00 pm; **Saturday, Dec 10** |
12:00 – 6:00 pm; **Sunday, Dec 11** | 11:00 – 3:00 pm



Cortland County Family YMCA
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Contact Bethany at bethany@cortlandymca.org for more details