



Lifeguard Training

Comprehensive Training Sessions

- Equivalent to the traditional in-person course; two-year certification includes: Lifeguarding, First Aid, CPR & AED
- Online lessons are completed prior to in-person training, maximizing time in water for rescue and swimming skills.
- In-water skills & review sessions are conducted at the Racine Family YMCA.

Interactive and Engaging Sessions

- Online lessons allow participants to explore information and choose how content is presented.
- Learning enhanced by a high level of interactive elements, including: narrative, case studies, "What Should You Do" scenarios, video, drag-and-drop matching exercises and other gaming elements that appeal to participants.

Prerequisites:

- Must be 15 years old on or before the final day of the course.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may use front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed.
- Tread water for 2 minutes using only the legs.
- Complete the following events in 1 minute, 40 seconds: -Starting in the water, swim 20 yards. Face may be in or out of the water.
- Surface dive, feet-first or head-first, to a depth of 7 -10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
- Exit the water without using a ladder or steps.

Course Information

The Y continuously runs lifeguard training classes. Please call the YMCA at 262.898.4551 or email: frontdeskim@ymcaracine.org for information about current classes and next availability.

Location: Racine Family YMCA-Image Management Family YMCA Branch



Interested in becoming a Racine Y lifeguard?

Email pbuchaklian@ymcaracineracine.org to schedule a pre-swim test!

**Racine Family YMCA | Image Management Family YMCA Branch
8501 Campus Drive, Mount Pleasant WI**

ymcaracine.org