Lifeguarding Class Schedule
March 16, 2020 – April 27, 2020
Welcome to Hagerstown YMCA/American Red Cross Lifeguarding Training!

Important Information

Cost
$75 Non-refundable deposit
Member $275 Non-members $300

Lifeguard training requires some strenuous physical activity, and trained lifeguards are expected to maintain a certain level of physical conditioning. You will be asked to swim 300 yards (150 yards front crawl, 150 yards breaststroke) continuously and in good form on the first night of class, trend water for two minutes arm/legs, and swim 20 yards, retrieve 10 lb brick from depth 7-10 ft swim on back with 2 hands back to the beginning. The Hagerstown YMCA requires this endurance swim of all lifeguarding candidates before they can successfully pass lifeguard training. Please take advantage of our Lap swim periods to practice and build your endurance before class begins. You will find the water rescue skills covered during the course much easier to perform if your skills and endurance are at this level.

Please bring your swimsuit, towel, and CPR mask to every class. Appropriate swimwear is required. No bikinis, tankinis, T-shirts, basketball shorts, or underwear may be worn. Please tie long hair back away from your face. Please do not wear dangling earrings or other jewelry to class. Cell phones may be used during class time, not during the final exams.

You are welcome to use our locker rooms to store your personal belongings; however, we strongly recommend that you bring a lock for anything you leave in a locker. Please remove your lock and belongings at the end of class. Any locks left overnight will be cut off.

Materials

The Red Cross Lifeguarding Manual and CPR mask are required materials for this class. The manual can be downloaded and or printed for free from Google:


CPR masks are required for class and can be purchased directly from the front desk.

Class Schedule

Classes will meet Monday and Wednesday nights from 7 to 10pm. Classroom time will be from 7-8:30 and pool time will be 8:30 to 10pm. On Monday nights, we will be working in the large pool, Wednesday nights in the small pool. Be prepared/ by having read your materials before class. Attendance is required at all class meetings.

If you fail the class, there are no refunds and it will cost you again to take the class.

Course Completion

To pass lifeguard training, you must score at least 80% on each of the written exams. You will also be asked to demonstrate your practical skills in both CPR and water rescue scenarios.
Upon successful completion of the course you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. The Red Cross requires that lifeguards take a review class every 2 years to maintain this certification.

**No certification cards will be issued until the course has been fully paid for.**

**Course Agenda**

**Monday 3/16**  300 yards’ swim, brick retrieval, and treading water  
Entries, approaches & swimming drills

**Wednesday 3/18**  Lessons 1- 5 in Lifeguard Manual  
Lifeguard rotations & victim recognition  
Simple & reaching assists, begin victim carries

**Monday 3/23**  Lessons 6 -10  
Lifeguard rotations & victim recognition  
Simple & reaching assists, begin victim carries

**Wednesday 3/25**  Lesson  
Active & Passive  
Head holds escapes/rescues

**Monday 3/30**  Lesson  
Extractions shallow/deep

**Wednesday 4/1**  Lessons  
CPR/AED/First Aid/Choking  
Review reaching assists & carries

**Monday 4/6**  Lessons  
CPR/AED/First Aid/Choking  
Caring for Active & passive

**Wednesday 4/8**  Lesson  
Head, Neck and Spinal Injuries in the Water  
Back boarding shallow/deep

**Monday 4/13**  Review CPR & First Aid  
Putting gloves on wet hands  
In-water ventilations  
CPR & victim assessment poolside  
Back boarding shallow/deep

**Wednesday 4/15**  Review back boarding shallow/deep
Monday 4/20  Practical CPR
           Written exam Lifeguarding

Wednesday 4/22  Catch up ~ Back boarding

Monday 4/27  Catch Up ~ Water Practical

Wednesday 4/29  Water Practical

Please feel free to approach me during or after class if you have any question or concerns. If you need assistance outside of class time, please call the Y at 301.739.399.x4221, Aquatic Director April Miles. You can also reach her at aprilm@ymcahagerstown.org