



Winona Family YMCA

LIFEGUARD & CPR CERTIFICATION SCHOLARSHIPS

We are pleased to announce the availability of a limited number of scholarships for Lifeguarding and/or CPR certification courtesy of a grant from Gundersen Health System. These scholarships are intended for individuals with financial need, and are open to YMCA members and community members.

For more information visit www.winonaymca.org

For questions, contact Lisa, LEngfer@winonaymca.org

Scholarships generously provided by: **GUNDERSEN
HEALTH SYSTEM®**

Scholarship Information

We are pleased to announce the availability of a limited number of scholarships for Lifeguarding and/or CPR certification courtesy of a grant from Gundersen Health System. These scholarships are intended for individuals with financial need, and are open to YMCA members and community members. Applications will require financial documentation or a statement of non-filing from the IRS, and applied for through our Financial Assistance Program.

Both our CPR/AED/First Aid class and our Lifeguarding class are blended formats, with an online portion that must be completed prior to attending the in-person section of the class. The online portion must be taken on a PC or tablet with a high speed Internet connection. If computer or internet access are a barrier for you, please let us know during the application process.

CPR certification details:

- This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. Allow approximately 2-3 hours to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult & Pediatric First Aid/CPR/AED valid for two years.

Lifeguard certification details:

- This course will prepare you to recognize and care for a variety of land and water emergencies and how to respond to them. This is a blended learning course including an online portion and an instructor-led classroom skill session. Allow approximately 7-8 hours to complete the online portion. The in-person portion will take approximately 20 hours over a weekend. Upon successful completion of this course you will receive a digital certificate for Lifeguarding valid for two years.

Lifeguard prerequisites:

- Must be at least 15 years old
- Swim 300 yards continuously using the breast stroke or front crawl
- Tread water for 2 minutes using only the legs
- Complete a timed retrieval event within 1 minute and 40 seconds:
 - Start in the water and swim 25 yards. Surface dive to a depth of 7-10 feet to retrieve a 10-pound object. Return to the surface and swim on your back to return to the starting point. Exit the water without using a ladder or steps.

If you are interested, please contact Lisa Engfer at lengfer@winonaymca.org.

Apply For a Certification Scholarship

Scholarships for programs, membership and certifications are granted on financial need. Financial need is determined with a formulation using household size and income level. Some scholarships may be limited and granted on a first come first served basis. To apply please follow these steps:

1) Stop at our Member Services Front Desk and pick up a financial assistance application. Applications may also be accessed online at <https://winonaymca.org/financial-assistance> or by scanning this QR code:



If you are a current member already using our Financial Assistance program, and your financial information is current, please email Lisa Engfer at LEngfer@winonaymca.org with the subject line: CERTIFICATION SCHOLARSHIP and indicate your interest of which certification you would like to be considered for.

2) Submit your application to the Member Services desk including financial documentation*. Please be sure the application is complete and write which certification scholarship you would like to be considered for at the top.

*a current tax form 1040 or IRS Statement of Non-filing is preferred, but other documentation may be accepted. Please see Financial Assistance application and Supplemental Application Form for more information.

Recipients of the certification scholarships will be notified.