



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD CERTIFICATION COURSE



The American Red Cross certificate for Lifeguarding/First Aid/CPR/AED is valid for 2 years. Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. This is a blended learning format with online coursework to be completed prior to the start of class.

WHEN: Friday, May 5th 4pm–9pm– prerequisite test (must pass the test before moving on); Saturday, May 6th, 12–8pm; Sunday, May 7th , 9am–5pm.

COST: \$185* *Reimbursement for half the cost of this course will be granted to anyone who becomes employed at the Winona Family YMCA as a lifeguard for a minimum of six months.

LOCATION: Winona Family YMCA, 902 Parks Avenue, Winona, MN.

PREREQUISITES: Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed swim and retrieval event.

REGISTER in person or online:

<https://winonaymca.org/programs/community/trainings>