



**YOU ARE
WHISTLE
WORTHY!**

**Winona Family YMCA
American Red Cross**

LIFEGUARD TRAINING CERTIFICATION

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.

DATES:

Friday 9/13: 4-9p

Saturday 9/14: 9a-7p

Sunday 9/15: 9a-7p

Must attend all classes to pass the course

COST: Member-\$190; Non-Member- \$205

PREREQUISITES: Minimum age: 15 years, Swim 150 yards continuously, tread water for 2 minutes using only the legs, swim 50 yards; complete a timed swim and retrieval event.

Registration is open 8.1.24-9.6.24

REGISTER in person or online: www.winonaymca.org