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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Winona Family YMCA

# 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:** Saturday, November 4, 8a.m.-5p.m.- prerequisite test (must pass the test before moving on); Sunday, November 5, 8a.m.-5p.m

**COST:** \$185\* \*Scholarships available to cover cost of certification. Please see website for details.

## **PREREQUISITES:**

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

**Registration open October 2-27**

**REGISTER in person or online:**

**[www.winonaymca.org](http://www.winonaymca.org)**

