

## ELEARNING

This blended learning course includes an online portion and an instructor-led classroom skills session. The online portion must be completed before attending the in-class portion. Most learners complete the online portion in approximately 7 hours. However, your experience may vary widely based on several factors including your PC, internet speed and previous training. It's recommended to begin the online session as soon as possible to ensure you have completed it prior to the in-person skill session.

## WHAT TO BRING

- Bathing suit and towel
- Proof of age
- Proof of prerequisites
- Water bottle and snacks

## QUESTIONS?

Contact: Melissa Cramer  
Email: [mcramer@ymcacw.org](mailto:mcramer@ymcacw.org)

CLARK COUNTY FAMILY YMCA  
11324 NE 51st Circle  
Vancouver, WA 98682  
360.885.9622



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRAIN PREPARE SAVE LIVES

Lifeguarding Certification Class  
CLARK COUNTY FAMILY YMCA



[WWW.YMCACW.ORG](http://WWW.YMCACW.ORG)

## CLASS INFORMATION

### GUARD SKILLS TAUGHT

- Anticipate and prevent problems
- Safety and survival skills
- Accident prevention
- Guarding techniques
- Emergency systems
- Rescue skills
- First aid
- Spinal injury management
- Weather and open water dangers
- Legal responsibilities
- Pool management

### HOURS REQUIRED

Classroom/Pool hours: 20 hours

eLearning hours: 7 hours

### PREREQUISITS

- Swim continuous 300 yards using front crawl or breast stroke using rhythmic breathing.
- Tread water for 2 minutes using legs only.
- Complete timed brick retrieval in 1 minute 40 seconds or less.

## LIFEGUARD RESPONSIBILITIES

- Remain alert.
- Be safety-minded and alert of possible skills.
- Sit and stand for extended periods, including in an elevated chair.
- Communicate verbally, including projecting the voice across large distances.
- Hear noises and distress signals in the aquatics environment.
- Perform all needed rescues and survival skills.
- Problem solve and make informed decisions.

### INSTRUCTOR CONTACT

**Melissa Cramer**

Email: [mcramer@ymcacw.org](mailto:mcramer@ymcacw.org)

Website: [ymcacw.org](http://ymcacw.org)

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## REGISTRATION

Registration start date: May 9

Registration end date: May 31

### FEES

\$210

Payment due at registration

### CLASS DATES AND TIMES:

Friday June 2      6-10 PM

Saturday June 3    10-7 PM

Sunday June 4      10-5 PM

Attendance to all class days and times are required.

Must be 15 years of age by June 4

Contact Angela Garner, Aquatics  
Director to register for the class.  
Phone: 360.885.9622

Or  
Melissa Cramer, Lifeguard Supervisor  
Email: [mcramer@ymcacw.org](mailto:mcramer@ymcacw.org)

