



Hudson YMCA Lifeguard and Safety Training Classes

Spring/Summer 2020 3/1/2020 - 8/31/2020

Phone: (715) 386-1616 Fax: (715) 386-4424

ymcamn.org/hudson www.facebook.com/stcroixvalleyymca

BUILDING HOURS

Mon-Fri: M-Th 5:00am-10:00pm, F 5:00am-9:00pm
Saturday: 6:00am-8:00pm
Sunday: 6:00am-8:00pm

KIDS STUFF HOURS

Mon-Fri: M-Th 8am-1:30pm & 3:30-8:30pm, F 8am-1:30pm & 3:30pm-7pm
Saturday: 7:45am-3pm
Sunday: 8am-5pm

ARC Lifeguard + Oxygen Review

84_LE_2465_10_032320_YSR

Cost: \$110

Registration available through 3/23

Instructor: Beth Berg

Monday 3/23

Tuesday 3/24

10:00 AM-3:30 PM

10:00 AM-3:30 PM

ARC Lifeguard + Oxygen Review

84_LE_2465_60_040420_YSR

Cost: \$110

Registration available through 4/4

Saturday 4/4

8:00 AM-7:00 PM

ARC Lifeguard + Oxygen Full - Blended

84_LE_2402_40_041620_YSR

Cost: \$220

Registration available through 4/8

Thursday 4/16

Saturday 4/18

Sunday 4/19

4:00 PM-9:00 PM

8:00 AM-5:00 PM

8:00 AM-3:00 PM

ARC Lifeguard + Oxygen Full - Blended

84_LE_2402_40_052820_YSR

Cost: \$220

Registration available through 5/20

Thursday 5/28

Saturday 5/30

Sunday 5/31

4:00 PM-9:30 PM

8:00 AM-5:00 PM

8:00 AM-2:30 PM

ARC Waterfront Training Module

84_LE_2447_70_053120_YSR

Cost: \$50

Registration available through 5/31

Sunday 5/31

2:30 PM-8:00 PM

ARC Lifeguard + Oxygen Full - Blended

84_LE_2402_50_072420_YSR

Cost: \$220

Registration available through 7/16

Friday 7/24

Saturday 7/25

Sunday 7/26

5:00 PM-9:00 PM

8:00 AM-5:00 PM

8:00 AM-4:00 PM

ARC Lifeguard + Oxygen Full - Blended

84_LE_2402_50_080720_YSR

Cost: \$220

Registration available through 7/30

Friday 8/7

Saturday 8/8

Sunday 8/9

5:00 PM-9:00 PM

8:00 AM-5:00 PM

8:00 AM-4:00 PM

Class Descriptions

ARC Lifeguard + Oxygen Full - Blended

Ages: 15+

Become certified in ARC Lifeguarding. Attendance at all class sessions is mandatory. Participants must be 15 years or older by the last day of class, and will receive certificates for Lifeguarding/First Aid/CPR/AED upon completion. Includes oxygen.

ARC Lifeguard + Oxygen Review**Ages: 15+**

Renew your ARC Lifeguarding and oxygen certification for another two years. Participants must attend all class sessions, and present verification of current American Red Cross Lifeguarding certification.

ARC Waterfront Training Module**Ages: 15+**

Teaches lifeguards skills needed to prevent and respond to emergencies in nonsurf, open-water areas found at public parks, resorts, summer camps and campgrounds. Must have current ARC lifeguard certification to take this course.