



Southdale YMCA Lifeguard and Safety Training Classes

Spring/Summer 2018 3/1/2018 - 8/31/2018

Phone: (952) 835-2567 Fax: (952) 835-0221

www.southdaleymca.org www.facebook.com/southdaleymca

BUILDING HOURS

Monday-Friday: 5:00 a.m. - 10:00 p.m.
Saturday: 6:00 a.m. - 9:00 p.m.
Sunday: 6:00 a.m. - 9:00 p.m.

KIDS STUFF HOURS

Monday-Friday: 8:00 a.m. - 8:30 p.m.
Saturday: 8:00 a.m. - 6:30 p.m.
Sunday: 9:00 a.m. - 6:30 p.m.

ARC Lifeguard Full - Blended

20_LE_2456_20_032718_YSR

Cost: \$200

Registration available through 3/19

Please Note: Water front module is a separate registration. It is available on 3/30/2018

Tuesday 3/27 Wednesday 3/28 Thursday 3/29

9:00 AM-4:00 PM 9:00 AM-4:00 PM 9:00 AM-4:00 PM

ARC Lifeguard Full - Blended

20_LE_2456_50_042718_YSR

Cost: \$200

Registration available through 4/19

Friday 4/27 Saturday 4/28 Saturday 4/28

5:00 PM-9:00 PM 12:00 PM-8:00 PM 9:00 AM-5:00 PM

ARC Lifeguard Review

20_LE_2441_10_052818_YSR

Cost: \$100

Registration available through 5/28

Monday 5/28

7:00 AM-4:00 PM

ARC Lifeguard Full - Blended

20_LE_2456_10_061118_YSR

Cost: \$200

Registration available through 6/3

Monday 6/11 Tuesday 6/12 Wednesday 6/13 Thursday 6/14

11:00 AM-4:00 PM 11:00 AM-4:00 PM 11:00 AM-4:00 PM 11:00 AM-4:00 PM

ARC Waterfront Training Module

20_LE_2447_50_061518_YSR

Cost: \$50

Registration available through 6/15

Friday 6/15

10:00 AM-4:00 PM

Class Descriptions

ARC Lifeguard 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. Blended format.

ARC Lifeguard Review

Ages: 15+

Renew your American Red Cross Lifeguarding 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.