



AMERICAN RED CROSS TRAINING LIFEGUARD, CPR/AED, FIRST AID, & EMERGENCY OXYGEN

LIFEGUARD TRAINING COURSE

This three-day hybrid course offers an online learning and hands-on classroom experience, designed to give participants the basic skills and knowledge needed to be lifeguards in the pools and aquatic environments. This comprehensive course offers up to date information on how to guard, anticipate, and prevent problems and to take action to help those in need. CPR, First Aid, AED, and Emergency Oxygen certifications are included in the cost of the program. Participants must pass a swim test on the first day of class in order to remain registered. All classes have been modified to allow for Covid-19 safety protocols and social distancing in the classroom and in the pool. Students will be provided their own equipment.

Class Times

Session Four: April 9-May 11

Session Five: May 7-9

Session Six: June 12-14

Session Seven: July 10-12

Session Eight: Sept. 11-13

Session Nine: Oct. 8-10

Session Ten: Nov. 12-14

Session Eleven: Dec. 10-12

Classes are 5pm-9pm on Fridays and 9am-6pm on Saturdays and Sundays

Required

- Must be at least 15 years old
- Able to complete 300 yard swim with face in the water
- Able to tread water and swim with a brick

Cost

WCY Member: \$175 | Program Member: \$350

Location

West Cook YMCA | 255 S. Marion St., Oak Park, IL 60302

DON'T NEED ALL THE CERTIFICATIONS, ASK US ABOUT INDIVIDUAL CERTIFICATION TRAININGS FOR CPR/AED, FIRST AID, AND/OR EMERGENCY OXYGEN.



QUESTIONS?

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REGISTER TODAY!

Online: westcookymca.org

Phone: 708.383.5200