



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU COULD SAVE A LIFE BECOME A LIFEGUARD!

BILLINGS FAMILY YMCA

- AGE:** 16 and older
- COST:** Members \$180, non-members \$200
- DATES:** May 29-June 4 or August 7-12
(Must attend all days)
- DAY & TIMES:** To Be Announced
- LOCATION:** Billings Family YMCA Deep Pool and Sky top

Items to Bring

- ◆Swim Suit
- ◆Towel
- ◆Goggles
- ◆Pen/Pencil
- ◆Paper
- ◆Picture ID (for proof of age)

Course Information:

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in CPR BLS (Basic Life Support) Rescuer, Basic First Aid and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and water park environments. The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. The course covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard.



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