



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# American Red Cross Lifeguard Course

The American Red Cross lifeguard course will be run with a blended learning format. Participants will need to complete online lessons as well as in classroom/pool learning.

All participants will need the guard book and a CPR/AED mask by the first day of class, which is available for purchase at [www.redcross.org](http://www.redcross.org). The cost of the course is \$115 for members and \$140 for non-Members. **Registration deadline is October 6, 2018** (register at the Chambersburg YMCA. Please be advised there is a limit of 10 in the class.)

Questions can be directed to Angi Johnson, Aquatic Director at 717-263-8508 or [ajohnson@chbggy.org](mailto:ajohnson@chbggy.org).

All Classes are held at the Chambersburg YMCA at 570 E. McKinley Street, Chambersburg, PA 17201.

## October 2018

Friday, Oct. 12	5:00 PM - 8:00 PM
Saturday, Oct. 13	8:00 AM - 4:00 PM
Friday, Oct. 19	5:00 PM - 8:00 PM
Saturday, Oct. 20	8:00 AM - 4:00 PM
Sunday, Oct. 21	1:30 PM - 5:00 PM



### What you need:

- Be able to swim 300 yards, tread water for 2 minutes no hands, deep water brick retrieval
- Turn 15-years-old by the end of the course
- Guard book and CPR mask by the first day of class ([www.redcross.org](http://www.redcross.org))
- An email address for participant
- Register with the Red Cross on the first night of class (instructor provide student with instructions after passing the prerequisites. There is a separate fee due to the Red Cross at time of on-line registration)

**Code: 18ARC**