



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROTECT LIVES

CUMBERLAND CAPE ATLANTIC YMCA AMERICAN RED CROSS

LIFEGUARDING R.24 COURSE | **SPRING 1 2024**

This class prepares you for a lifeguard position. Starting at age 15, American Red Cross Lifeguarding R.24 will give you the skills you need to be a leader in the aquatics area. NEW 2024 course materials and curriculum

PREP/PRE-SCREENING SESSION:

- Pre-register; may attend more than 1 day, if needed
- Practice and improve skills, or complete the pre-screening skills requirement for upcoming courses

**Students under age 18 must have a parent present at the Y facility to sign the Y Member/User Facility waiver before attending this program

PRE-SCREENING SESSION DATES:

Thursday, February 8 – 6:45pm

Saturday, February 10 – 8:15am

Wednesday, February 14 – 7:30pm

Saturday, February 17 – 12:15pm

Monday, February 19 – 1:45pm

Thursday, February 22 – 6:45 pm

FEE PER CLASS:

Facility members: FREE

Program members: \$4.00

Community members: \$5.00

PREREQUISITE SWIMMING SKILLS needed to pass the pre-screening test for updated ARC Lifeguarding R.24 Course:

- 1. Swim-tread-swim sequence without stopping to rest:**
includes jumping into water and totally submerging, swimming 150 yards, 2 minutes of treading only using legs, swimming an additional 50 yards; may use goggles; must be completed with either front crawl or breaststroke –swimming on back and side are not permitted.
- 2. Timed Event:** Swim 20 yards, Surface dive 7-10 feet, retrieve a 10-pound brick and swim 20 yards holding the brick with both hands and keeping face at or near the surface so able to get a breath, and exit water without using ladder or steps, without goggles (within 1 minute and 40 secs.).



Cumberland Cape Atlantic YMCA

See side 2 for more information

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