

YWCA CENTRAL MAINE

RED CROSS **LIFEGUARDING COURSE**

**YWCA Central Maine is proud to offer
American Red Cross Lifeguard Training – Blended Learning!
Spend less time in the classroom, more time in the pool!**

Our Blended Learning Lifeguard Training format allows participants (15 years of age and older) to become a certified lifeguard, just in time for spring employment! Participants will spend 10-12 hours working at their own pace online, then come in and demonstrate all skills learned for prevention and rescue of swimmers, including providing the emergency skills of first aid and CPR.

Prerequisites: include completion of a 300 yard swim, treading water, and timed deep water object removal. Must be 15 years of age or older.

COURSE: \$350

Dates:

Sunday August 29th, 9:00-4:30pm

Sunday September 5th, 9:00-4:30pm

Sunday September 12th, 9:00-4:30pm

Cancellation Policy: There will be no refund if you do not pass the prerequisites or drop out during the course. Space is limited. We are located at 130 East Avenue, Lewiston ME. All fees will be refunded if we cancel a course. If you cancel 2 weeks prior to the course we will refund all except a \$50.00 administrative fee.

For questions or to register email
mpaione@ywcaine.org
or call (207) 795-4050

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