



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILD CONFIDENCE SAVE A LIFE

## Lifeguard Certification Class C.B. PENNINGTON, JR. YMCA

Have you ever wanted to become a lifeguard and learn specialized lifesaving skills? Those who participate in the YMCA's lifeguard certification program learn the skills necessary to be a lifeguard and learn to perform CPR, use an AED, perform first aid, and administer emergency oxygen. Must be 16 years of age. Upon successful completion of the course the participant will be certified in:

- YMCA Lifeguarding
- CPR/AED for the Professional Rescuer
- First Aid
- Emergency Oxygen Administration

### WHEN:

Fall Session 1: August 4 & August 11-13

Fall Session 2: September 8 & September 15 - 18

Fall Session 3: October 20 & October 27-30

**Fees:** \$160 members/\$200 program participants

**Location:** C.B. PENNINGTON JR. YMCA  
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