



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STEVENS POINT AREA YMCA AMERICAN RED CROSS LIFEGUARD COURSES

## COURSE PURPOSE

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and to prevent drownings and injuries.

## COURSE PREREQUISITES

- Must be 15 years of age to take the class
- Must be 16 years old to work as a Lifeguard
- Ability to swim 300 yards using front crawl or breaststroke
- Tread water using only legs for 2 minutes
- Swim 20 yards using front crawl or breaststroke, surface dive 9 ft., retrieve a 10-lb. object, return to surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.



## ADDITIONAL DETAILS

A lifeguard manual and pocket mask is included for each participant. Certifications will be issued upon successful completion of the course.

## REFUND POLICY

**Prior to class starting:** Refunds will be issued on a case by case basis for those requesting a refund prior to the start of a class.

**After class has begun:** Students who are unable to complete the prerequisite skills check will be given a full refund if they withdraw from the class following the skills check on the first day of class. Once a student has successfully completed the prerequisite skills check and class has been started no refunds will be given.

## ATTENDANCE POLICY

It is mandatory that students attend all dates and times associated with the class that was registered for. Scheduling accommodations are not guaranteed. If you have any scheduling conflicts you must contact Adam Meshak at least two weeks prior to the start of your class to discuss possible accommodations. *CERTIFICATIONS WILL NOT BE ISSUED TO THOSE WHO DO NOT COMPLETE THE ENTIRE COURSE.*

AMERICAN RED CROSS LIFEGUARDING FULL CERTIFICATION COURSES					
CLASS DATES	COURSE SCHEDULE	COURSE NAME	COURSE LOCATION	SESSION CODE	COURSE CODE
1/10-1/12	Fri(5PM-8PM) Sat, Sun (8AM-4PM)	Lifeguarding Full Certification	Stevens Point Area YMCA	20wi1	
2/9/20	Sun (8AM-4PM)	Lifeguarding Re Certification	Stevens Point Area YMCA	20wi1	
2/7-2/9	Fri(5PM-8PM), Sat, Sun(8AM-4PM)	Lifeguard Full Certification	Stevens Point Area YMCA	20wi1	
3/13-3/15	Sun (8AM-4PM)	Lifeguard Re Certification	Stevens Point Area YMCA	20wi2	
4/10-4/12	Fri(5PM-8PM), Sat, Sun(8AM-4PM)	Lifeguard Full Certification	Stevens Point Area YMCA	20wi2	
4/12/20	Sun (8AM-4PM)	Lifeguard Re Certification	Stevens Point Area YMCA	20wi2	
PRICES					
General Public \$220 / Y-Member - \$190			Stevens Point School District Staff - \$190		
SPYMCA Aquatics & Glacier Hollow Camp Staff Price -\$100					

**\*\* American Red Cross Lifeguarding Full Certification courses are open to everyone (members & general public) for registration at any time.\*\***

## COURSE LOCATIONS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STEVENS POINT AREA YMCA AMERICAN RED CROSS LIFEGUARD COURSES

<b>Stevens Point Area YMCA</b> 1000 Division Street Stevens Point, WI 54481 (715) 342-2980	<b>YMCA Camp Glacier Hollow</b> 9289 Pavelski Road Amherst Junction, WI 54407 (715) 824-5267	<b>SPASH</b> 1201 Northpoint Drive Stevens Point, WI 54481	<b>P. J. Jacobs Junior High</b> 2400 Main Street Stevens Point, WI 54481	<b>Country Inn &amp; Suites</b> 301 Division Street Stevens Point, WI 54481
---	---	--	--	---