



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BUILDING  
A SAFER FUTURE  
TOGETHER**

## Red Cross Lifeguard Certifications at the Y



This full-service American Red Cross Lifeguarding class offers a challenging and rewarding opportunity to individuals within our community. Students will learn a multitude of in-water rescues, everything from simple assists to deep water spinal management techniques. Students will also learn First Aid skills, as well as be certified as a Professional Rescuer in CPR. Students will be tested both physically and mentally as they work through all of the requirements of this course. Set yourself up with a great first job or a rewarding career. Become a lifeguard today! Sign up today at the Welcome Center or On-Line!

Course length: 28 Hours

Requirements to enroll: Age 15 years or older      Brick recovery  
Complete 300 yard swim (un-timed)      2 minute water tread (no arms)

### Course Options for Full Lifeguard Course

**Fees:** Member: \$310 Non-Member: \$375  
(You must attend all 4 days to complete the course)  
**Time:** Saturdays- 12-7p      Sundays- 9a-4p

2019  
March: 9/10 & 16/17  
April: 13/14 & 20/21  
May: 18/19 & 25/26  
June: 1/2 & 8/9

### Course Options for Lifeguard Re-Certification Course

**Fees:** Member: \$125 Non-Member: \$150  
(Renewing current lifeguard certification)  
**Time:** 12-7p

2019  
Saturday, March 23  
Saturday, May 11  
Saturday June 22

### Waterfront Lifeguarding Module

**Fees:** Member: \$90  
Non-Member: \$125

2019  
Sunday, May 12 9a-2p  
Saturday, June 15 9a-2p

**For more information or questions regarding trainings please contact  
Keenan Hughes at [yredcross@ithacaymca.com](mailto:yredcross@ithacaymca.com)**



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## **Red Cross CPR and First-Aid Certifications at the Y**

### **CPR for the Professional Rescuer**

As an EMT, firefighter, athletic trainer, or lifeguard, it is your duty to respond to cardiac or breathing emergencies until more advanced medical personnel can take over. Through discussion, video and hands-on training based on real-life rescue scenarios, this course covers adult, children, and infant cardio pulmonary resuscitation. (must be 16 to enroll)

### **Course Options for CPR for the Professional Rescuer**

**Fees:** Member: \$90      Non-Member: \$125

Classes are Tuesdays & Thursdays unless otherwise noted, time is always 6-9pm.  
You must attend both days to complete the course

#### 2018

September: 18 & 20

October: 16 & 18 or  
24 (Wed.) & 26 (Fri.)

December: 18 & 20

#### 2019

January: 8 & 10

February: 19 & 21

April: 23 & 25

May: 28 & 30

June: 4 & 6

### **Wilderness and Remote First Aid**

This course offers individuals a foundation of first aid principles and skills to be able to respond to emergencies and give care in areas that do not have immediate EMS response, such as wilderness or remote areas. Through discussion and hands-on training participants will leave with an understanding of what to assemble beforehand, and how to handle worst case scenarios.

### **Course Options for Wilderness and Remote First Aid**

**Fees:** Member: \$150      Non-Member: \$190

(You must attend both days to complete the course)

Classes will be held from Sat. & Sun. 9am-4pm with a lunch break

April 2019: 5 & 6

April 2019: 13 & 14

May 2019: 4 & 5

June 2019: 15 & 16

**For more information or questions regarding trainings please contact Keenan Hughes  
at [yredcross@ithacaymca.com](mailto:yredcross@ithacaymca.com)**

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