



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## YMCA Lifeguard

This course is designed to provide participants the knowledge and skills necessary to be a lifeguard and professional rescuer. Participants will be certified in American Safety and Health Institute's (ASHI) courses: CPR Pro for the Professional Rescuer, Basic First Aid for the Community, and Emergency Oxygen Administration. The course covers safety skills, accident prevention, scanning, guarding techniques, emergency spinal injury management, open water dangers, legal responsibilities, pool maintenance basics, and information on how to get a job as a lifeguard.

### Ages

16 & over (Must be 16 by the last day of the course) Under 18 requires parental consent.

### When (Must attend all classes)

March 5, 2012 5:30pm-8:30pm (Pre-requisite swim night & ASHI e-learning assigned)

March 9, 2012 5:00pm-8:00pm  
March 10, 2012 10:00am-6:00pm  
March 11, 2012 10:00am-5:00pm

March 16, 2012 5:00pm-8:00pm  
March 17, 2012 10:00am-6:00pm  
March 18, 2012 10:00am-2:00pm

### Where

Millington Family YMCA

### Contact

Emily Winchell, Aquatics Director, [ewinchell@ymcamemphis.org](mailto:ewinchell@ymcamemphis.org)

**Member & Millington Resident**  
\$200

**Non-Member**  
\$250

### Additional Info:

See back of flyer for additional information.

### MILLINGTON FAMILY YMCA

7725 E Navy Circle, Millington TN 38053

P 901 873 1434 F 901 873 1438 [www.ymcamemphis.org](http://www.ymcamemphis.org)

