



# Rochester YMCA Lifeguard and Safety Training Classes

Fall/Winter 2019 9/1/2019 - 2/28/2020

Phone: (507) 287-2260 Fax: 0 -

[ymcamn.org/rochester](http://ymcamn.org/rochester)

## BUILDING HOURS

Mon-Fri: M-Th 5:00am-10:00pm, F 5:00am-9:00pm  
 Saturda 6:00am-8:00pm  
 Sunday: 8:00am-8:00pm

## KIDS STUFF HOURS

Mon-Fri: M-Th 9:00am-1:00pm, 4:30pm-7:30pm, F 9:00am-1:00pm  
 Saturday: 8:30am-11:30am  
 Sunday:

## ARC Lifeguard Full - Blended

50\_LE\_2456\_40\_101719\_YSR

Cost: \$200

Registration available through 10/9

Instructor: Laura Skold

Thursday 10/17

Friday 10/18

Saturday 10/19

Sunday 10/20

4:00 PM-9:00 PM

4:00 PM-9:00 PM

1:00 PM-6:00 PM

10:00 AM-3:00 PM

## ARC Lifeguard Full

50\_LE\_2440\_40\_110719\_YSR

Cost: \$200

Registration available through 11/7

Instructor: Merilea Osterlund

Thursday 11/7

Friday 11/8

Saturday 11/9

Sunday 11/10

Monday 11/11

7:00 PM-8:00 PM

4:00 PM-9:00 PM

8:00 AM-5:00 PM

8:00 AM-5:00 PM

4:00 PM-9:00 PM

## ARC Lifeguard Full

50\_LE\_2440\_40\_120519\_YSR

Cost: \$200

Registration available through 12/5

Instructor: Merilea Osterlund

Thursday 12/5

Friday 12/6

Saturday 12/7

Sunday 12/8

Monday 12/9

7:00 PM-8:00 PM

4:00 PM-9:00 PM

8:00 AM-5:00 PM

8:00 AM-5:00 PM

4:00 PM-9:00 PM

## ARC Lifeguard Full

50\_LE\_2440\_40\_020620\_YSR

Cost: \$200

Registration available through 2/6

Instructor: Merilea Osterlund

Thursday 2/6

Friday 2/7

Saturday 2/8

Sunday 2/9

Monday 2/10

7:00 PM-8:00 PM

4:00 PM-9:00 PM

8:00 AM-5:00 PM

8:00 AM-5:00 PM

4:00 PM-9:00 PM

## Class Descriptions

### ARC Lifeguard Full

**Ages: 15+**

Become certified in American Red Cross Lifeguarding. Attendance at all class sessions is mandatory. Participants must be 15 years or older by the last day of class, and will receive certificates for Lifeguarding/First Aid/CPR/AED upon completion.

### ARC Lifeguard Full - Blended

**Ages: 15+**

Become certified in ARC Lifeguarding. Attendance at all class sessions is mandatory. Participants must be 15 years or older by the last day of class, and will receive certificates for Lifeguarding/First Aid/CPR/AED upon completion. Blended format.