



Hudson YMCA Lifeguard and Safety Training Classes

Spring/Summer 2019 3/1/2019 - 8/31/2019

Phone: (715) 386-1616 Fax: (715) 386-4424

www.hudsonymca.org www.facebook.com/stcroixvalleyymca

BUILDING HOURS

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

KIDS STUFF HOURS

Mon-Fri: M-Th 8:00am-8:30pm, F 8:00am-7:00pm
Saturday: 7:45am-1:00pm
Sunday: 8:00am-5:00pm

ARC Lifeguard + Oxygen Full - Blended

84_LE_2402_50_050319_Y

Cost: \$220

Registration available through 4/25

Instructor: Carina Sabelko

Friday 5/3

Saturday 5/4

Sunday 5/5

4:00 PM-9:00 PM

8:00 AM-5:30 PM

8:00 AM-2:30 PM

ARC Waterfront Training Module

84_LE_2447_70_050519_Y

Cost: \$50

Registration available through 5/5

Instructor: Carina Sabelko

Sunday 5/5

2:30 PM-8:00 PM

ARC Lifeguard + Oxygen Full - Blended

84_LE_2402_10_050619_Y

Cost: \$220

Registration available through 4/28

Instructor: Bettina Waldman

Monday 5/6

Thursday 5/9

Friday 5/10

Saturday 5/11

4:00 PM-10:00 PM

4:00 PM-10:00 PM

4:00 PM-9:00 PM

4:00 PM-8:00 PM

ARC Lifeguard + Oxygen Full - Blended

84_LE_2402_50_051719_Y

Cost: \$220

Registration available through 5/9

Instructor: Beth Berg

Friday 5/17

Saturday 5/18

Monday 5/20

4:00 PM-9:00 PM

9:00 AM-5:00 PM

9:00 AM-5:00 PM

ARC Lifeguard + Oxygen Full - Blended

84_LE_2402_20_052819_Y

Cost: \$220

Registration available through 5/20

Instructor: Beth Berg

Tuesday 5/28

Wednesday 5/29

Thursday 5/30

Friday 5/31

9:30 AM-3:00 PM

9:30 AM-3:00 PM

9:30 AM-3:00 PM

9:30 AM-3:00 PM

ARC Lifeguard + Oxygen Full - Blended

84_LE_2402_50_053119_Y

Cost: \$220

Registration available through 5/23

Instructor: Carina Sabelko

Friday 5/31

Saturday 6/1

Sunday 6/2

4:00 PM-9:00 PM

8:00 AM-5:30 PM

8:00 AM-2:30 PM

ARC Waterfront Training Module

84_LE_2447_70_060219_Y

Cost: \$50

Registration available through 6/2

Instructor: Carina Sabelko

Sunday 6/2

2:30 PM-8:00 PM

ARC Waterfront Training Module

84_LE_2447_10_061019_Y

Cost: \$50

Registration available through 6/10

Instructor: Bettina Weldman

Monday 6/10

4:30 PM-10:00 PM

Class Descriptions

ARC Lifeguard + Oxygen 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. Includes oxygen.

ARC Waterfront Training Module

Ages: 15+

Teaches lifeguards skills needed to prevent and respond to emergencies in nonsurf, open-water areas found at public parks, resorts, summer camps and campgrounds. Must have current ARC lifeguard certification to take this course.