



West St Paul YMCA Lifeguard and Safety Training Classes

Fall/Winter 2019 9/1/2019 - 2/28/2020
 Phone: (651) 457-0048 Fax: (651) 457-0339
 ymcamn.org/weststpaul www.facebook.com/southfamilyymca

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 8:30am-8:00pm, F 8:30am-7:00pm
 Saturday: 8:00am-2:00pm
 Sunday: 11:00am-3:00pm

ARC Lifeguard + Oxygen Review

70_LE_2465_60_090719_YSR

Cost: \$110

Registration available through 9/7

Saturday 9/7

Sunday 9/8

1:00 PM-8:00 PM

1:00 PM-5:00 PM

ARC Lifeguard + Oxygen Full - Blended

70_LE_2402_40_091919_YSR

Cost: \$220

Registration available through 9/11

Thursday 9/19

Friday 9/20

Saturday 9/21

Sunday 9/22

5:00 PM-10:00 PM

5:00 PM-9:00 PM

1:00 PM-8:00 PM

1:00 PM-6:00 PM

ARC Lifeguard + Oxygen Full - Blended

70_LE_2402_40_101019_YSR

Cost: \$220

Registration available through 10/2

Thursday 10/10

Friday 10/11

Saturday 10/12

Sunday 10/13

5:00 PM-10:00 PM

5:00 PM-9:00 PM

1:00 PM-8:00 PM

1:00 PM-6:00 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 Lifeguard + Oxygen Review

Ages: 15+

Renew your ARC Lifeguarding and oxygen certification for another two years. Participants must attend all class sessions, and present verification of current American Red Cross Lifeguarding certification.