



White Bear Area YMCA Lifeguard and Safety Training Classes

Fall/Winter 2018-19 9/1/2018 - 2/28/2019

Phone: (651) 777-8103 Fax: (651) 777-8589

www.whitebearareaymca.org www.facebook.com/whitebearareaymca

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-8:30pm, F 8:30am-7:00pm
Saturday: 8:00am-1:30pm
Sunday: 9:30am-7:00pm

ARC Water Safety Instructor - Blended

88_LE_2464_10_091018_YSR

Cost: \$250

Registration available through 9/2

Instructor: Bryce Bachman

Monday 9/10	Tuesday 9/11	Wednesday 9/12	Thursday 9/13	Friday 9/14
4:00 PM-8:00 PM	4:00 PM-8:00 PM	4:00 PM-8:00 PM	4:00 PM-8:00 PM	4:00 PM-8:00 PM

ARC Lifeguard Instructor

88_LE_2452_50_113018_YSR

Cost: \$250

Registration available through 11/30

Instructor: Bryce Bachman

Please Note: Breaks will be included

Friday 11/30	Saturday 12/1	Sunday 12/2
4:00 PM-8:30 PM	9:00 AM-7:00 PM	9:00 AM-7:00 PM

ARC Lifeguard + Oxygen Review

88_LE_2465_60_010519_YSR

Cost: \$110

Registration available through 1/5

Saturday 1/5
9:00 AM-8:00 PM

ARC Lifeguard + Oxygen Full - Blended

88_LE_2402_50_012519_YSR

Cost: \$220

Registration available through 1/17

Friday 1/25	Saturday 1/26	Sunday 1/27
4:00 PM-8:00 PM	10:00 AM-7:00 PM	10:00 AM-7:00 PM

ARC Water Safety Instructor - Blended

88_LE_2464_10_020419_YSR

Cost: \$250

Registration available through 1/27

Monday 2/4	Tuesday 2/5	Wednesday 2/6	Thursday 2/7	Friday 2/8
4:00 PM-8:00 PM	4:00 PM-8:00 PM	4:00 PM-8:00 PM	4:00 PM-8:00 PM	4:00 PM-8:00 PM

ARC Lifeguard + Oxygen Full - Blended

88_LE_2402_50_022219_YSR

Cost: \$220

Registration available through 2/14

Friday 2/22	Saturday 2/23	Sunday 2/24
4:00 PM-8:00 PM	10:00 AM-7:00 PM	10:00 AM-7:00 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.

ARC Lifeguard Instructor**Ages: 17+**

Become certified to teach American Red Cross Lifeguarding. Attendance at all class sessions is mandatory. Participants must present verification of current American Red Cross Lifeguarding certification, and be 17 years or older by last day of class.

ARC Water Safety Instructor - Blended**Ages: 16+**

To train instructor candidates to teach water safety, including the Basic Water Rescue and Personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics and two levels of Parent and Child Aquatics. Blended format.