



Become a Lifeguard



Come by the Junction City Family YMCA to sign up or for more information.

1703 McFarland Rd.
762-4780

<u>Date</u>	<u>Time</u>
March 12	4:00pm—6:00pm
March 15	10:00am—6:00pm
March 17	9:00am—6:00pm
March 18	8:30am—6:30pm
March 20	10:00am—2:00pm

- 100% attendance is required. No exceptions
- Students must provide own personal equipment of swimsuits, towels, goggles, caps, etc.

Cost: \$200

- A \$20 non-refundable fee must be paid at the time of registration. This fee will be put toward the cost of the class if the participant passes the pre-test requirements.
- This fee includes the course book and rescue mask
- Student is responsible for their mask. A replacement can be purchased at \$16

Pre-test Requirements:

- Swim 300 meter continuously in the following order: 300 meter front crawl, 100 meter breast stroke, 300 meter front crawl or breaststroke. Swim is not timed
- Front crawl or breaststroke approach 20 meters, surface dive to a depth of 7-10 ft., retrieve a 10 lb. brick and return 20 meters with both hands on brick and exit pool without using stairs or ladder. Must be out of the water in 1min 40 sec, head can not go under water
- Participant must be 15 years old by the last day of the class