



# AQUATICS

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BECOME A

### LIFEGUARD

#### EARN 5 CERTIFICATES

- First Aid
- AED
- YMCA Lifeguard
- Oxygen Administration
- CPR for the Professional Rescuer



**Cost:**  
**\$175**

No prerequisites required\*

### SWIM INSTRUCTOR

#### PREREQUISITE COURSES

- Principles of Youth Development
- YMCA Swim Lesson Instructor: Orientation, Observe and Communicate
- CPR, AED, Oxygen, and First Aid

**Cost:**  
**\$100**

Prerequisites required\*



#### Register Today!

Classes available in April & May  
(Class Schedule On Back)  
Spaces limited to 10 per class

For more information, please contact, YMCA  
(229) 244-4646, [aquatics@valdostaymca.com](mailto:aquatics@valdostaymca.com)

Age: 16 & Over (under 18 must have parental permission)

#### Benefits

- Flexible Hours
- We Train and Certify
- Fitness Membership
- Growth Opportunities
- Leadership Training
- Job Placement at YMCA

# YMCA Certified Lifeguard Class Shedule

- April 30<sup>th</sup>, 2018 - May 4<sup>th</sup>, 2018
- May 7<sup>th</sup>, 2018 - May 12<sup>th</sup>, 2018

## Meet Times

Monday	3:30pm - 8:30pm
Tuesday	3:30pm - 8:30pm
Thursday	3:30pm - 8:30pm
Friday	3:30pm - 8:30pm
Saturday	10:00am - 5:00pm
Shadow	TBD

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# YMCA Certified Swim Instructor Class Shedule

- April 28<sup>th</sup>, 2018 - April 29<sup>th</sup>, 2018

## Meet Times

Saturday	9:00am - 5:00pm
Sunday	9:00am - 5:00pm

- May 14<sup>th</sup>, 2018 - May 16<sup>th</sup>, 2018

## Meet Times

Monday	3:30pm - 8:30pm
Tuesday	3:30pm - 8:30pm
Wednesday	3:30pm - 8:30pm

*\*All schedules subject to change*