



City of Delaware



Lifeguard Class

Purpose

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over.

Prerequisites

Candidates must:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
 - Exit the water without using a ladder or steps.

Course Content

The Lifeguarding Course is offered in a blended learning format that includes:

- **The online session for the lifeguarding course takes approximately 7 hours.**
- Classroom/water sessions (Please see below)
- Lifeguard candidates **MUST** attend all sessions!

Schedule

Class #1

Date: Wednesday March 24, 2021
Location: Delaware YMCA
Time: 4-9pm

Date: Saturday March 27, 2021
Location: Delaware YMCA
Time 11am-3:30pm

Date: Wednesday March 31, 2021
Location: Mingo Recreation Center
Times: 4-9pm

Date: Saturday April 10, 2021
Location: Delaware YMCA
Time: 11am-3:30pm

Date: Sunday April 11, 2021
Location: Delaware YMCA
Time Noon-4pm

Class #2

Date: Wednesday April 21, 2021
Location: Delaware YMCA
Time: 4-9pm

Date Saturday April 24, 2021
Location: Delaware YMCA
Time: 11am-3:30pm

Date: Sunday April 25, 2021
Location: Delaware YMCA
Time: Noon-4pm

Date: Wednesday April 28, 2021
Location: Mingo Recreation Center
Time: 4-9pm

Date: Sunday May 8, 2021
Location: Delaware YMCA
Time: noon-4pm



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| • Resident \$50.00 | Non-Resident \$75.00 | Current Staff \$50.00 (City and/or Delaware YMCA) |
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Registration Information

Registration is limited! Call TODAY

- Please contact Michael Hamer @ 740-203-1455 to register.
- Registration Deadline:
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