



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SERVING THE COMMUNITY THROUGH WATER SAFETY

## HEALTH, WELL-BEING & FITNESS

### YMCA Lifeguard Class

MARION FAMILY YMCA

#### Where

Marion Family YMCA

#### Cost

Member: \$255

Program Participant: \$280

#### December:

Thursday December 21<sup>st</sup> 7-10pm

Tuesday December 26<sup>th</sup> 10am-3pm

Wednesday 27<sup>th</sup>, 28<sup>th</sup>, and 29<sup>th</sup> 10-4pm

Saturday 30<sup>th</sup> 8-10:30am

#### Additional Info:

The class are will be taught by the Marion Family YMCA, and the class is limited to the first twenty participants.

#### Prerequisites:

Participants must be able to swim 300 yards continuously using these strokes in the following order: 100 yards front crawl, 100 yards breaststroke, and 100 yards of side stroke.

Participants must be able to swim 20 yards by front crawl or breaststroke, dive to a depth of 7 to 10 feet and recover a 10 pound object, then return the object to the surface and swim 20 yards back to the starting point with the object in 1:40 or faster. If you do not pass the prerequisite, you will not get your \$20.00 registration fee refunded.

Age at least 16 years old by the first day of class.

645 Barks Road East, Marion, OH 43302

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