



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC TRAINING AND CERTIFICATION SCHEDULE

YMCA OF METROPOLITAN MILWAUKEE

APRIL 2015

American Red Cross Lifeguard & Waterfront

The 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 aquatics emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

The purpose of the Waterfront Skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in non-surf, open-water areas found at public parks, resorts, summer camps and campgrounds.

Participants will all receive a pocket mask and access to an American Red Cross Lifeguarding Participants e-book (books will be available for use during the course but not sent home with the participants). Upon completion of this course participants will receive American Red Cross certificate for Lifeguarding/Waterfront Skills/First Aid/CPR/AED valid for 2 years and American Red Cross Administering Emergency Oxygen valid for 2 years.

Prerequisites: Must be 16 years old on or before the final day of the course

Fee: \$225, Lifeguard Training Special \$35

- Options
- 1** **Date & Times:** Tuesday- Friday, May 26 - 29, 8a - 4p
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA - Program Number: 04-02470-03
 - 2** **Date & Times:** Monday- Thursday, June 1 - 4, 8a - 4p
Location: YMCA Camp Minikani • 875 Amy Belle Road • Hubertus, WI
Register at any MKE YMCA - Program Number: 04-02470-04
 - 3** **Date & Times:** Tuesday- Friday, June 9 - 12, 8a - 4p
Location: YMCA Camp Minikani • 875 Amy Belle Road • Hubertus, WI
Register at any MKE YMCA - Program Number: 04-02470-05

American Red Cross Lifeguard

The 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 aquatics emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Participants will all receive a pocket mask and access to an American Red Cross Lifeguarding Participants e-book (books will be available for use during the course but not sent home with the participants). Upon completion of this course participants will receive American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years and American Red Cross Administering Emergency Oxygen valid for 2 years.

Prerequisites: Must be 16 years old on or before the final day of the course

Fee: \$225, Lifeguard Training Special \$35

Date & Times: Wednesday, June 3, 5:30p - 8:30p; Thursday - Saturday, June 4, 5 & 6, 8a-6p; Sunday, June 7, 12:30p-6p

Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI

Register at any MKE YMCA - Program Number: 04-02470-06

2011 Edition YMCA Lifeguard

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in CPR Pro for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf and waterpark environments. The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. The course also covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool management and information on how to get a job as a lifeguard.

Prerequisites: This course has no prerequisite courses

Fee: \$120, Lifeguard Training Special \$35

Date & Times: Friday, May 1st, 5:00-9:00pm • Saturday, May 2nd, 9a-5pm • Sunday, May 3rd, 9a-5pm •
Saturday, May 9th, 9a-5pm • Sunday, May 10th, 9a-5p

Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI

Register on the YMCA of the USA LCDC: <https://lcdc.yexchange.org/s/c94b02b>

Please make checks payable to **YMCA of Metropolitan Milwaukee YMCA** and mail to:

PAT BUECHS • YMCA of Metropolitan Milwaukee • 161 West Wisconsin Avenue • Milwaukee, WI 53203

YMCA Swim Lesson Instructor

This course provides participants with the basic knowledge and skills to teach YMCA swim lessons to parent-child pairs, preschoolers, youth and adults. It includes both land and pool sessions, lesson planning, teaching methodology, class organization, class components and skills for the YMCA progressive program. The course also covers the Y's expectations for instructors and outlines their responsibilities for teaching YMCA Aquatics classes that are student centered, values oriented and safe and effective in teaching aquatic skills.

Included in the course is the YMCA Instructor Safety Assistant Module. YMCA Instructor Safety Assistant (YISA), which will be taught by YSL trainers and will replace the YASA prerequisite. The YISA course focuses on how an instructor can assist and help a lifeguard in the event of an emergency in the pool area. It will teach lifeguards who are also swim instructors what role to play during an emergency while they are teaching rather than guarding. YISA is the fifth module within the YSL instructor course and helps reinforce aquatic safety, streamline the training system and decrease the required training hours.

Prerequisites: CPR, AED, First Aid and Emergency Oxygen Administration Certifications

Fee: \$35, MKE Y Staff: Free

Date & Times: Saturday & Sunday, April 25 & 26 and Saturday & Sunday, May 2 & 3, 8a-5pm

Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI

Register on the YMCA of the USA LCDC: <https://lcdc.yexchange.org/s/c11t13z>

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