



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATIC TRAINING AND CERTIFICATION SCHEDULE

## YMCA of Metropolitan Milwaukee

JANUARY 2017 – DECEMBER 2017 (UPDATED 12/26/2016)

\*SCHEDULES ARE SUBJECT TO CHANGE\*

### **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 15 years old on or before the final day of the course

**Fee:** Member- \$100, Non Member- \$150

- 1 **Date & Times:** Friday 1/27 5:30 – 8:30P, Saturday & Sunday 1/28 & 1/29 9:00 – 5:00P, Saturday & Sunday 2/4 & 2/5 9:00 – 5:00P

**Location:** Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI  
**Register at any MKE YMCA (Registration Open 12/26/2016)**

- 2 **Date & Times:** Monday 3/27 – Friday 3/31 9:00 – 5:00P

**Location:** Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI  
**Register at any MKE YMCA (Registration Open 12/26/2016)**

- 3 **Date & Times:** Friday 4/28 5:30 – 8:30P, Saturday & Sunday 4/29 & 4/30 9:00 – 5:00P, Saturday & Sunday 5/6 & 5/7 9:00 – 5:00P

**Location:** Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI  
**Register at any MKE YMCA (Member Registration- 12/26/2016, Community Registration Open 1/16/2017)**

- 4 **Date & Times:** Friday 5/19 5:30 – 8:30P, Saturday & Sunday 5/20 & 5/21 9:00 – 5:00P, Saturday & Sunday 5/27 & 5/28 9:00 – 5:00P

**Location:** Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI  
**Register at any MKE YMCA (Member Registration- 12/26/2016, Community Registration Open 1/16/2016)**

- 5 **Date & Times:** Monday - Friday 6/12 – 6/16 9:00 – 5:00P

**Location:** Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI  
**Register at any MKE YMCA (Registration TBD)**

- 6 **Date & Times:** Friday 9/15 5:30 – 8:30P, Saturday & Sunday 9/16 & 9/17 9:00 – 5:00P, Saturday & Sunday 9/23 & 9/24 9:00 – 5:00P

**Location:** Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI  
**Register at any MKE YMCA (Registration TBD)**

Options

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**American Red Cross Lifeguard- Review**

The Purpose of a review course is to give individuals the opportunity to review the course content within a formal course setting. The review course format optimizes a participant's ability to successfully complete the knowledge and skills evaluations. The responsibility for preparing for the final written exam is shared by the instructor and the participant.

Participants will all receive 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:** Current Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding/First Aid/CPR/AED certificate.  
**Fee:** Member- \$75, Non Member- \$100

- Options
- 1 **Date & Times:** Saturday & Sunday, 4/15 & 4/16 8a – 4p  
**Location:** Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI  
**Register at any MKE YMCA (Member Registration -12/26/2016, Community Registration – 1/16/2017)**
  - 2 **Date & Times:** Saturday & Sunday, 9/2 & 9/3 8a – 4p  
**Location:** Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI  
**Register at any MKE YMCA (Registration TBD)**
  - 3 **Date & Times:** Saturday & Sunday, 12/16 & 12/17 8a – 4p  
**Location:** Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI  
**Register at any MKE YMCA (Registration TBD)**

### **American Red Cross Lifeguard Instructor Training**

The purpose of the instructor course is to train instructor candidates to teach the American Red Cross Lifeguarding, Lifeguarding Blended Learning, Aquatic Attraction (Water <3'), Shallow Water Lifeguarding Waterpark Skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens Training courses and/or modules.

Participants will gain access to American Red Cross Lifeguarding Instructor's Manual and Participants e-book after completion of the pre-course session. Upon completion of this course participants will receive American Red Cross certificate for Lifeguarding Instructor valid for 2 years.

**Prerequisites:** Be at least 17 years old on or before the last day of the instructor course. Possess one of the following:

- A current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED
- A current American Red Cross certificate for Lifeguarding/First Aid and either an American Red Cross Certificate for CPR/AED for the professional Rescuer or an American Red Cross certificate for CPR/AED for lifeguards
- An Equivalent certificate from another organization.

- Options
- 1 **Date & Times:** Friday 2/17, Saturday 2/18, Saturday 2/25  
**Location:** Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI  
**Register at any MKE YMCA (Registration Opens 12/26/2016)**
  - 2 **Date & Times:** Friday 11/3, Saturday 11/4, Saturday 11/11  
**Location:** Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI  
**Register at any MKE YMCA (Registration TBD)**