



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC TRAINING AND CERTIFICATION SCHEDULE

YMCA of Metropolitan Milwaukee

JANUARY 2019 – DECEMBER 2019 (UPDATED 1/3/2019)

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 receive access to the 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 Administering Emergency Oxygen valid for 2 years.

Prerequisites: Must be 15 years old on or before the final day of the course

Fee: Member- \$125, Non Member- \$175

Options

- 1 **Date & Times:** Friday 1/25 5:30 – 8:30P, Saturday & Sunday 1/26 & 1/27 9:00 – 5:00P, Saturday & Sunday 2/2 & 2/3 9:00 – 5:00P
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration Open 12/17/2019)
- 2 **Date & Times:** Saturday 3/23 – Tuesday 3/26 9:00 – 5:00P
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration Open 1/2/2019)
- 3 **Date & Times:** Saturday 4/13 - Tuesday 4/16 9:00 – 5:00P
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration Open 1/2/2019)
- 4 **Date & Times:** Friday 5/17 5:30 – 8:30P, Saturday & Sunday 5/18 & 5/29 9:00 – 5:00P, Saturday & Sunday 5/25 & 5/26 9:00 – 5:00P
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration Open 1/2/2019)
- 5 **Date & Times:** Monday - Thursday 6/10 – 6/14 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 9/13 5:30 – 8:30P, Saturday & Sunday 9/14 & 9/15 9:00 – 5:00P, Saturday & Sunday 9/21 & 9/22 9:00 – 5:00P
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration TBD)

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, 4/27 & 4/28 8a – 5p

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

Register at any MKE YMCA (Registration Open 12/17/2018)

2

Date & Times: Saturday & Sunday, 12/14 & 12/15 8a – 5p

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.

1

Date & Times: Friday 2/8 5:30 – 9:00P, Saturday 2/9 8:00 – 5:00P, Saturday 2/16 8:00-5:00PM

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

Register at any MKE YMCA (Registration Open 1/2/2019)

2

Date & Times: Friday 11/2 5:30 – 9:00P, Saturday 11/3 8:00 – 5:00P, Saturday 11/10 8:00 – 5:00P

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

Register at any MKE YMCA (Registration TBD)

American Red Cross Basic Swim Instructor / Water Safety Instructor

This course is designed to train Water Safety Instructor Candidates to effectively conduct a variety of American Red Cross water safety courses. Instructor Candidates will develop their understanding as to how to utilize various course materials, how to conduct training sessions, and how to effectively evaluate participant progress. Once Water Safety Instructor Candidates become certified, they'll be able to teach a variety of courses, including Parent and Child Aquatics Levels 1 and 2, Preschool Aquatics Levels 1-3, Learn to Swim Levels 1-6, three different Adult Learn to Swim courses, Personal Water Safety, and more. The course is approximately 32 hours long with both classroom and in-water components.

Prerequisites: Instructor Candidates must be at least 16 years of age on or before the final scheduled date of the course. Instructor Candidates must be able to perform various swim skills at an American Red Cross Learn to Swim Level 4 proficiency prior to beginning the course. The skills assessed are as follows:

- 25 Yards of Front Crawl, Back Crawl, Breaststroke, Elementary Backstroke, and Sidestroke

Options

1

- 15 Yards of Butterfly
- Maintain a floating or sculling position in deep water on their back for 1 minute
- Tread Water for 1 minute

Date & Times: Wednesday - Saturday 4/17 - 4/20 8:00 – 5:00PM

Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
(Registration Opens 1/7/2019)
