



LIFEGUARD

**TRAINED  
TO SAVE LIVES**

## **HAMILTON FAMILY YMCA LIFEGUARD CERTIFICATION**

### **Blended learning class options:**

- **Jan. 27-28 & Feb. 3-4, 2024**
  - 12-5 p.m. each day
- **Feb. 24-25 & March 2-3, 2024**
  - 12-5 p.m. each day
- **March 11-14, 2024 (Hamilton County Spring Break)**
  - 12-5 p.m. each day

\*Blended learning courses require online course work to be done prior to first day of class.\*

**Cost:** \$225 YMCA members/\$275 non-members | Recertification \$150/\$175

Register at least 3 days prior to class start date. Two-year certification through American Red Cross. First day pretest: 300 yard swim; 2 minute treading water; 20 yard swim, retrieval of 10 pound item, item tote to far end of pool using no hands.

### **QUESTIONS?**

Contact Schuyler Colling at 423.899.1721 or [scolling@ymcachattanooga.org](mailto:scolling@ymcachattanooga.org)

**HAMILTON FAMILY YMCA**  
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