



# Life Guarding Today

Red Cross Lifeguarding curriculum will provide lifeguard candidates with the entry level knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

**Day 1: \*Pre-Requisite Assessment and Classroom:**

**May 7, 2016: \*Swim Assessment 9:00 am – 11:00 am (estimated), AND Classroom 11:00 am - 5:00 pm**

**Day 2: May 14, 2016 9:00 am – 5:00 pm**

**Day 3: May 15, 2016 12:00 pm – 5:00 pm**

Training and Classroom instruction will be held at:  
Valley Aquatic Center 4381 W 18<sup>th</sup> Street, Yuma, AZ 85364

**REQUIRED FEES:**

- City of Yuma: \$100.00 city resident; \$130.00 nonresident, AND
- Administrative Fee to American Red Cross \$35.00 (online)

**Notes: Class is limited to first 10 registered candidates; minimum of 6.  
NO two piece swimsuits; expect to be in and out of water for pool and class work.  
REQUIRED: Must have internet access for on-line course work**

Register at any Parks and Recreation Office location or, or by phone (928)373-5200

**\*Pre-Requisites:**

1. 15 years and older (Must be 15 at the completion of course)
2. Swim 500 yards continuously using these strokes in the following order:
  - a. 200 yards Front Crawl
  - b. 100 yards Breaststroke
  - c. 200 yards of either the front crawl using rhythmic breathing, or breaststroke
3. Submerge to a minimum depth of 12 feet, retrieve a 10 lb. object, and return to entry point with object in hands and keeping face above the water. Tread water for 2 minutes using only legs

The City of Yuma Parks and Recreation Department uses the American Red Cross, Life Guarding Today curriculum for instruction.

The Yuma Parks and Recreation Department reserves the right to photograph facilities, activities and program participants for potential future use. All photos will remain the property of the Yuma Parks and Recreation Departments and may be used for publicity or promotion purposes.

