



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GUARDING FUTURE LIVES



LIFEGUARDING 101 Introduction Class

This course provides a foundation in the knowledge, attitudes, and skills necessary for the professional rescuer. The fundamentals of lifeguarding, emergency response, and rescue will be introduced.

Instructor: Talon Stammen is an EMT and Team member of the Grand Forks Regional Water Rescue Team.

Prerequisites:

Age 11-14 years

Swim front crawl for 25 yards, Tread water for 1 minute, submerge to 10 feet

Information:

Fridays for 4 weeks at the YMCA

February 24, March 2, 9, & 16 4:00-8:00 p.m.

\$20 per person

Materials: swim suit, towel

Pizza will be served at each class

Participants will receive a certificate and t-shirt upon completion of the course.

For More information visit us at www.gfymca.org or call 701-775-2586