

Y LIFEGUARDING™

We build strong kids, strong families, strong communities.

Y WATER FITNESS™

We build strong kids, strong families, strong communities.

AMERICAN RED CROSS LIFEGUARD TRAINING



American Red Cross

American Red Cross Lifeguard Training class at the YMCA teaches lifesaving skills, first aid and CPR for the Professional Rescuer. Participants **MUST attend all 6 classes** to pass

and must be 15 years old by 5/19/2009. **Please Note:** On the first day of class we will be testing for the pre-skills (swim 300 yards, dive down 9 feet, retrieve a 10 lb. brick and swim 20 yards with the brick). If participants are unable to pass the pre-skills, they will not be allowed to continue with the class and a refund will be issued. You may register at either the Greenville or Versailles facility. If you have any questions, please contact Susan Ahrens at the YMCA. **Registration deadline is April 20.**

Fees:	Member: \$150	Other: \$210
Greenville	Mon., April 27	6:15-9:45 pm
Greenville	Mon., May 4	6:15-9:45 pm
Greenville	Tue., May 5	6:15-9:45 pm
Greenville	Mon., May 11	6:15-9:45 pm
Greenville	Mon., May 18	6:15-9:45 pm
Greenville	Tue., May 19	6:15-9:45 pm

LIFEGUARD CHALLENGE COURSE

This testing session gives lifeguards currently certified through American Red Cross an opportunity to test out on skills and knowledge in CPR for the Professional Rescuer, first aid and lifeguarding skills. Participants will be required to swim 300 yards, dive down 9 feet to retrieve a 10 lb brick and swim 20 yards with the brick. This is a testing session only; the instructor will not assist with review and practice. Course fee does not include textbook and participants must bring their pocket masks. **Registration deadline is May 12.**

Fees:	Member: \$50	Other: \$85
Versailles	Wed., May 13	6:00 pm
Greenville	Tue., May 19	5:30 pm

CPR CHALLENGE COURSE

If you are currently certified in American Red Cross CPR for the Professional Rescuer, successfully complete this challenge to renew your certification for another year. Prerequisites: Current American Red Cross CPR for the Professional Rescuer or the American Heart Association equivalent within one year of course completion. This is a testing session only; the instructor will not assist with review and practice. Course fee does not include textbook and participants must bring their pocket masks. **Registration deadline is May 12.**

Fees:	Member: \$30	Other: \$50
Versailles	Wed., May 13	6:45 pm
Greenville	Tue., May 19	6:45 pm



100-MILE CLUB

Swim and track your laps! This is an incentive program to encourage and reward those who are working hard or need the incentive to swim those laps. Tracking charts will be provided and prizes will be awarded for achievement of 100 Miles! Sign up: Set Goals, Swim Laps, Win Prizes! Registration required for charts and to qualify for prizes.

Fees:	FREE TO MEMBERS	
Greenville	Your Days	Your Time
Versailles	Your Days	Your Time

AQUA MOTION

This class offers a series of water exercises at a pace and intensity level suitable for a wide range of ages and fitness levels. Water resistance equipment will be used for building strength and flexibility while doing cardiovascular moves. Deep water option with flotation implemented for those interested.

Fees:	Member: \$17	Other: \$44
Greenville	Mon/Wed/Fri	8:50-9:35 am
Greenville	Mon/Wed/Fri	9:40-10:25 am
Instructor: Ronda Miley / Trish Day		
Greenville	Tue/Thu	9:30-10:30 am
Instructor: Chris Boroff		
Versailles	Mon/Wed/Fri	9:00-9:45 am
Instructors: Gloria Quinter and Linda Stammen		
Fees:	Member: \$14	Other: \$40
Versailles	Mon/Wed	6:00-6:45 pm
Instructors: Deb Timmerman and Kathy Dapore		

AQUA POWER

This class will use various water resistance equipment and/or water weights to provide cardiovascular training and muscle conditioning for a total body workout. Periodic deep water exercise will be implemented with float belts.

Fees:	Member: \$17	Other: \$44
Greenville	Mon/Wed/Fri	8:00-8:45 am
Instructor: Ronda Miley / Trish Day		

AQUA JOG

This total body workout will inspire you to push your limits! The class will use the entire pool to tone, strengthen and tighten. **THIS CLASS IS FOR ALL FITNESS LEVELS.** Aqua Jog improves muscle tone, cardiovascular endurance, and flexibility while reducing stress to joints.

Fees:	Member: \$17	Other: \$44
Greenville	Mon/Wed	6:45-7:45 pm
Instructor: Kathy Williams		