



**American  
Red Cross**

**Age: 15 and older. Must be 15 years old on or before March 21<sup>st</sup>, 2016**

**Participants must be physically able to:**

- Swim 300 yards of mixed strokes: freestyle & breaststroke
- Tread water for 2 minutes using legs only
- Swim 20 yards, surface dive 10 feet, retrieve 10 pound weight and swim 20 yards in 1 minute 40 seconds. Swim goggles not permitted.

## **Important Dates**

**\*Participants must attend all days to successfully complete course**

- **Monday March 21<sup>st</sup> – 5-9 PM**
- **Tuesday March 22<sup>nd</sup> – 5-9 PM**
- **Wednesday March 23<sup>rd</sup> – 8-5**
- **Thursday March 24<sup>th</sup> – 8-5**
- **Friday March 25<sup>th</sup> – 8-12 \* If Needed**

## **Registration Details**

Contact Information:

YMCA: Trevor Coxbill/ Aaron Fabel- 308-635-2318

City of Scottsbluff: Trinity Burgner- 308-632-0059

City of Scottsbluff: Perry Mader- 308-632-0057

\*Register and pay at the Scottsbluff Family YMCA.  
Class Space is Limited.\*

**Registration Deadline: March 18<sup>th</sup>, 2016**

## **Cost:**

**Scottsbluff/ Gering Residents: \$130**

**Non Scottsbluff/ Gering Residents: \$150**

**Cost includes: Red Cross Lifeguard book and certification, Red Cross CPR for the Professional Rescuer (includes AED), First Aid Certification, and pocket mask.**

