



**American
Red Cross**

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

AMERICAN RED CROSS LIFEGUARD CERTIFICATION AND RECERTIFICATION COURSE

PROFESSIONAL RESCUER

Lifeguard/CPR/AED/First-Aid

NORTHERN BERKSHIRE YMCA

This 25 hour training course will certify successful graduates in Lifeguarding, First-Aid, CPR and AED for the Professional Rescuer.

Benefits of completing the course include:

- Guaranteed jobs available through the Northern Berkshire YMCA
- Flexible hours
- Increased leadership opportunities
- Development of public relations, customer service, and conflict-resolution skills

To participate and successfully complete the course all must participants must:

- ◆ Be a high school senior or older
- ◆ Complete required pre-course swim test:
 - Swim 300 yards continuously demonstrating breath control and rhythmic breathing.
 - Tread water for 2 minutes using only the legs.
 - **Complete a timed event within 1 minute 40 seconds.**

**For inquires or registration please contact
Jeremy Levesque @ JLevesque@YMCAnb.org**

Who: High School Seniors & Older

Where: Northern Berkshire YMCA
22 Brickyard Court, North Adams, MA 01247

When: TBA

Cost: \$0 upfront

The Northern Berkshire YMCA will pay for the course upfront and guarantee you a job. All we ask in return is a 6 month commitment and \$25/paycheck (biweekly).

