

# SAFETY EDUCATION

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## JUNIOR LIFEGUARD TRAINING

For ages 11-14 interested in becoming lifeguards and gaining job experience. Junior guards will be trained as water safety assistants and assist with lifeguard duties and swim lessons. Successful completion of the program will result in Junior Guard, First Aid and CPR/AED certifications.

For more information, contact Heather Coleman at 262.898.4559 or [hcoleman@ymcaracine.org](mailto:hcoleman@ymcaracine.org)

## LIFEGUARD TRAINING – BLENDED LEARNING

This course is designed to give participants the skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course is through the American Red Cross with Lifeguard, First Aid, CPR, and AED certifications included. There are no makeup classes and participants must attend all scheduled classes. Prior to class registration, participants must register and pass the mandatory prerequisites below.

- Must be 15 years old on or before the final day of the course.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may use front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed.
- Tread water for 2 minutes using only the legs.
- Complete the following events in 1 minute, 40 seconds:
  - Starting in the water, swim 20 yards. Face may be in or out of the water.
  - Surface dive, feet-first or head-first, to a depth of 7 - 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
  - Exit the water without using a ladder or steps.

For upcoming classes, contact our Welcome Desk Team at 262.898.4551. For more details on becoming a YMCA lifeguard, call 262.898.4559 or email [hcoleman@ymcaracine.org](mailto:hcoleman@ymcaracine.org).



**IMMEDIATE OPENINGS FOR LIFEGUARDS!** Interested in a summer seasonal position? Applications open Tuesday, February 1<sup>st</sup>.

For an application, email [frontdesk@ymcaracine.org](mailto:frontdesk@ymcaracine.org)



## HOME ALONE SAFETY

This class is designed for kids ages 8-12. The class is run through our Y to promote safety for kids who are old enough to be home alone as well as in the Y and other places in the community without an adult or someone directly watching over them. Within this class, some of the topics covered will include internet safety, fire safety, weather emergencies and stranger danger.

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## BABYSITTING TRAINING

Participants in this class will learn about how to be safe when walking home alone or when they are at home alone. It will include topics such as danger recognition, fire safety, answering the door and phone when home alone, and some basic first aid. Parents/Guardians will be asked to join us for the last 30 minutes of class, and participants will take home a safety workbook. Contact Vito for more information.

Session 1: January 10, 17, 24, 31  
Session 2: February 7, 14, 21, 28  
Session 3: March 7, 14, 21, 28  
Day/Time: Mondays 4:30-6:30pm  
Location: Sealed Air Branch  
Fee: \$125 Members \$150 Community Participant

Early Bird Registration ends 2 weeks before the start of the session – SAVE \$25

## CPR & AED TRAINING

Learn a lifesaving skill that could save a friend, family member, co-worker or neighbor. We use the American Red Cross CPR for this professional rescuer course. We will teach you the skills, knowledge and confidence to perform CPR and use an AED.

CPR & AED	Full Course	Challenge
Sunday, January 16	8:00am-12:00pm	12:30-2:30pm
Sunday, February 20	8:00am-12:00pm	12:30-2:30pm
Sunday, March 20	8:00am-12:00pm	12:30-2:30pm

Full Course: \$150 Members/\$200 Community Participant  
Challenge Course: \$125 Members/\$150 Community Participants  
Early Bird Registration ends 2 weeks before class – SAVE \$25

# SAFETY AROUND WATER

Heather Coleman, Aquatics Coordinator • [hcoleman@ymcaracine.org](mailto:hcoleman@ymcaracine.org)  
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## Drowning Prevention Safety Around Water

**Teaching children how to be safe around water is not a luxury—it is a necessity.**

The YMCA's **Safety Around Water** program can help you make sure children learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely.

### What Is Safety Around Water?

Safety around Water sessions help to reduce the risk of drowning by giving children confidence in and around water. The program is geared for **unintended entries into the water and safety**. Our goal is that if a child falls in, they can swim, float swim, tread, and exit the water. The levels build on skill sequences to enable a child to help save themselves or tread/float long enough for help to arrive.

### A typical Safety Around Water session includes:

- Exercises to help kids adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific safety topics like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

### When do we offer Safety Around Programs?

- Spring Break
- 1<sup>st</sup> week of summer break

Additional details will be available on our website, [ymcaracine.org](http://ymcaracine.org) Registration will open January 2<sup>nd</sup>



**Thanks to generous community grants and donations,  
we offer financial assistance for this program.**

**WATER SAFETY AND FUN  
FOR EVERYONE**

**YMCA SAFETY AROUND WATER**

**SAFETY  
AROUND  
WATER**  
A YMCA Initiative



# SC JOHNSON COMMUNITY AQUATIC CENTER

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## SEE YOU IN 2022!



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

### THE WORLD IS 71% WATER

YOUR CHILDREN ARE 100% CURIOUS

THE Y HAS BEEN TEACHING KIDS TO SWIM SINCE 1909

And our **NEW Swim Lesson program** is better than ever!

- New curriculum
- More interaction with instructors
- Quicker advancement through the stages

Teach your children water safety and let them explore all of their possibilities.

## safety around water family pledge

As a family, we agree to do the following:

- ✓ Always make sure an adult actively watches children around water.
- ✓ Make sure an adult stays within arm's reach of young children in the water.
- ✓ Swim near a lifeguard.
- ✓ Reach or throw, not go, to help a swimmer in trouble.
- ✓ Consider enrolling children in swim lessons to help them stay safe around water.