



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DO MORE BE MORE



## RYE YMCA RED CROSS SAFETY CLASSES

RYE YMCA

[www.ryeymca.org](http://www.ryeymca.org)

914-967-6363

21 Locust Avenue, New York 10580

**Important notice for students of all American Red Cross and Health and Safety courses (CPR, First Aid, etc.)**

1. Refunds are not given after first week of class. Registrants are subject to a 25% processing fee if:
  - A request for refund is submitted less than 1 week prior to start of class or after class begins.
  - If student is unable to complete requisite swim test
2. No refunds for any failure due to attendance or inability to meet course requirements.
3. There are NO make up classes. Students must attend all classes. No exceptions. This is Red Cross policy.

# RYE YMCA American Red Cross Classes

## **BABYSITTER TRAINING - 8 hours**

Recommended Ages 11-15. This course will help participants develop skills necessary to care for infants and children of all ages. The 5 areas of concentration are: leadership, safety and safe play, basic care, first aid and professionalism. Skills learned are: feeding and changing infants and children, dealing with emergencies and seeking babysitting jobs. (Maximum 10 students) Participants must attend all sessions in any one course.

## **STANDARD FIRST AID - 4 hours**

This course will teach participants the knowledge and skills necessary to give care in an emergency help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. This course does not include CPR.

## **INFANT & CHILD CPR- 4.5 hours**

This course will teach participants how to recognize and care for life-threatening respiratory or cardiac emergencies in infants and children.

## **ADULT CPR/AED - 4.5 hours**

This course will teach participants how to recognize and care for life-threatening respiratory or cardiac emergencies in adults and will include the steps in using an automatic external defibrillator (AED).

## **CPR/AED FOR THE PROFESSIONAL RESCUER - 8 hours**

This course will teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest)

## **CPR/AED FOR THE PROFESSIONAL RESCUER REVIEW - 5 hours**

**Prerequisites:** Current CPR/AED for the Professional Rescuer certificate (participants must bring current certificate to first class). This course will review all skills for the CPR/AED for the Professional Rescuer course as above.

## **WATER SAFETY INSTRUCTOR - 31 hours**

This course will train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training session, and how to evaluate participants' progress. Minimum age 16 by the last day of the course (Proof of age must be brought to the first class). **Prerequisites:** Candidates must demonstrate the ability to perform the following swimming skills at a level 4 swimming ability: Front Crawl - 25 yards; Back Crawl - 25 yards; Breaststroke - 25 yards; Elementary Backstroke - 25 yards; Sidestroke - 25 yards; Butterfly - 15 yards; Maintain position on back for 1 minute in deep water (floating or sculling); Tread water for 1 minute.

## **LIFEGUARDING & WATERFRONT LIFEGUARDING**

Lifeguarding teaches participants the knowledge and skills needed to prevent and respond to aquatic emergencies at a pool setting only. Waterfront Lifeguarding teaches participants the knowledge and skills needed to prevent and respond to aquatic emergencies at both pool and non-surf waterfront settings. Both courses include content and activities to prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.

## **LIFEGUARDING (Pool Only) - 31.5 hours**

Minimum age 15 by the last day of the course (Proof of age must be brought to the first class). **Prerequisite Skills:** 1. Swim 300 yards continuously, using both front crawl and breaststroke. In the following order: 100 yards of front crawl (a.k.a. freestyle) using rhythmic breathing and a stabilizing, propellant kick. 100 yards of breaststroke, 100 yards of either front crawl or breaststroke. 2. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface, and swim 20 yards back to the starting point with the object (with both hands and must keep your face above water) and exit the water without using a ladder or steps, within 1 minute, 40 seconds. If you do not pass this pre-course testing (above), you will receive a refund less a 25% processing fee. Description: This course is for those who have never taken an American Red Cross Lifeguard Training Course before, or for those who have an expired Lifeguard Training card. Prepares candidates with the necessary skills needed to prevent and respond to aquatic emergencies at a pool. This course includes training in Lifeguard Skills and First-Aid (certificate is valid for 3 years) and CPR/AED for the Professional Rescuer (certificate is valid for 1 year). This course does not include Waterfront Training.

## **WATERFRONT LIFEGUARDING - 37 hours**

Minimum age 15 by the last day of the course (Proof of age must be brought to the first class)

**Prerequisite Skills:** Includes both prerequisite skills from the lifeguard training course (see left) and 3. Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side of the pool. If you do not pass this pre-course testing (above), you will receive a refund less a 25% processing fee.

Description: This course is for those who have never taken an American Red Cross Lifeguard Training Course before, or for those who have an expired Lifeguard Training card. Prepares candidates with the necessary skills needed to prevent and respond to aquatic emergencies at a pool and a waterfront environment. This course includes training in Lifeguard Skills (pool and waterfront) and First-Aid (certificate is valid for 3 years) and CPR/AED for the Professional Rescuer (certificate is valid for 1 year). Students must bring mask and fins to class.

## **LIFEGUARDING REVIEW (Pool Only) - 21 hours**

**Prerequisites:** Current Lifeguarding certificate (participants must bring current Lifeguarding certificate to first class). Must perform Lifeguarding prerequisite skills (see Lifeguarding Prerequisite Skills above). Students will receive a 3 year certification in Lifeguarding and First Aid and a 1 year certification in CPR/AED for the Professional Rescuer.

## **WATERFRONT LIFEGUARDING REVIEW AND BRIDGE TO WATERFRONT LIFEGUARDING - 25 hours**

**Prerequisites:** Current Lifeguarding or Waterfront Lifeguarding certificate (participants must bring current certificate to first class). Must perform all 3 Waterfront Lifeguarding prerequisite skills (see Waterfront Lifeguarding Prerequisite Skills above). This course will renew your Waterfront Lifeguarding or will bridge your Lifeguarding to Waterfront Lifeguarding. Students will receive a 3 year certification in Waterfront Lifeguarding and First Aid and a 1 year certification in CPR/AED for the Professional Rescuer.

# Rye YMCA – Current American Red Cross Classes

**Lifeguard Class** - Upon successful completion, participants will be certified to lifeguard at pools.

**Member: \$400; Non-Member: \$450 -- Participants must attend all sessions in any one course.**

**Course J: \*Wed., Apr. 18th: 7:30pm – 9:30pm**

Mondays and Wednesdays: 6:00pm – 9:30pm - Apr. 23, 25, 30, May 2, 7, 9, 14, 16, 21 and 23

**Course N: \*Tues., May 22nd: 7:30pm – 9:30pm**

Tuesdays and Thursdays: 6:00pm – 9:30pm - May 24, 29, 31, June 5, 7, 12, 14, 19 and 21

**Course R: \*Mon., June 25th: 5:00pm – 9:30pm**

Mondays and Wednesdays: 5:00pm – 9:30pm - June 27, July 2, 9, 11, 16, 18, 23 and 25

**Waterfront Lifeguard Class** - Upon successful completion, participants will be certified to lifeguard at pools and non-surf waterfront. **(BRING MASK AND FINS TO CLASS)**

**Member: \$425; Non-Member: \$475 -- Participants must attend all sessions in any one course.**

**Course K: \*Wed., Apr. 18th: 7:30pm – 9:30pm**

Mondays and Wednesdays: 6:00pm – 10:00pm - Apr. 23, 25, 30, May 2, 7, 9, 14, 16, 21 and 23

**Course O: \*Tues., May 22nd: 7:30pm – 9:30pm**

Tuesdays and Thursdays: 6:00pm – 10:00pm - May 24, 29, 31, June 5, 7, 12, 14, 19 and 21

**Course S: \*Mon., June 25th: 5:00pm – 9:30pm**

Mondays and Wednesdays: 5:00pm – 9:30pm - June 27, July 2, 9, 11, 16, 18, 23 and 25

## **Lifeguard Review Class**

Participants must show that they have a lifeguarding certificate that is either current or expired within the last year. Upon successful completion, participants will be certified to lifeguard at pools.

**Member: \$300; Non-Member: \$350 - Participants must attend all sessions.**

**Course L: \*Fri., May 11th: 6:00pm – 9:00pm**

Saturdays and Sundays: 11:00am – 6:00pm - May. 12, 13, 19, and 20

**Course P: \*Fri., June 1st: 6:00pm – 9:00pm**

Saturdays and Sundays: 11:00am – 6:00pm - June 2, 3, 9 and 10

## **Waterfront Review and Waterfront Bridge Lifeguarding**

Participants must show that they have a waterfront or lifeguarding certificate that is either current or has expired **within** the last year. Upon successful completion, participants will be certified to lifeguard at pools and waterfronts. **(BRING MASK AND FINS TO CLASS)**

**Member: \$325; Non-Member: \$375 - Participants must attend all sessions.**

**Course M: CODE: \*Fri., May 11th: 6:00pm – 9:00pm**

Saturdays and Sundays: 11:00am – 6:00pm - May. 12, 13, 19, and 20

**Course Q: CODE: \*Fri., June 1st: 6:00pm – 9:00pm**

Saturdays and Sundays: 11:00am – 6:00pm - June 2, 3, 9 and 10

**\* The prerequisite skills will be tested during this class**

## **Lifeguard Management**

**Member: \$110; Non-Member: \$120**

**Sunday, May. 6: 12:00pm – 4:00pm and Wednesday, May. 9: 6:00pm-10:00pm**

## **Water Safety Instructor**

You must register for this class at <http://www.redcross.org/en/takeaclass> or call 1-800-RED-CROSS, choose the option for Health & Safety and reference offering ID: 01399915.

**Sundays, April 15, 22, 29 and May 6 and 13: 11:00am—6:00pm**

### **CPR/AED for the Professional Rescuer**

**Member: \$110; Non-Member: \$120**

**Course H: Monday, May. 21 and Wednesday, May. 23: 6:00pm-9:00pm**

### **CPR/AED for the Professional Rescuer Review**

**Member: \$90; Non-Member: \$100**

**Course G: Thursday, May 17: 6:00pm-10:00pm**

**Course I: Monday, June 4: 6:00pm-10:00pm**

### **Babysitting Training**

**Member: \$90; Non-Member: \$100**

*Participants must attend **all** sessions in any one course.*

**Course I: Saturday, April 14 and Saturday, April 21: 1:00pm-5:00pm**

**Course J: Saturday, May 5 and Saturday, May 12: 1:00pm-5:00pm**

**Course K: Saturday, June 9 and Sunday, June 10: 1:00pm-5:00pm**

### **Infant/Child CPR Training (layperson)**

**Member: \$90; Non-Member: \$100**

**Sunday, May 20: 12:00pm-4:00pm**

Any questions, please do not hesitate to contact Rye YMCA Health and Safety Department at [healthandsafety@ryeymca.org](mailto:healthandsafety@ryeymca.org) or (914) 967-6363.

Thank you!

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