



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC TRAINING AND CERTIFICATION SCHEDULE

YMCA of Metropolitan Milwaukee

JANUARY 2018 – DECEMBER 2018 (UPDATED 12/28/2018)

SCHEDULES ARE SUBJECT TO CHANGE

American Red Cross Lifeguard

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatics emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Participants will all receive a pocket mask and access to an American Red Cross Lifeguarding Participants e-book (books will be available for use during the course but not sent home with the participants). Upon completion of this course participants will receive American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years and American Red Cross Administering Emergency Oxygen valid for 2 years.

Prerequisites: Must be 15 years old on or before the final day of the course

Fee: Member- \$100, Non Member- \$150

- 1 **Date & Times:** Friday 1/26 5:30 – 8:30P, Saturday & Sunday 1/27 & 1/28 9:00 – 5:00P, Saturday & Sunday 2/3 & 2/4 9:00 – 5:00P
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration Open 1/2/2017)
- 2 **Date & Times:** Saturday 3/24 – Tuesday 3/27 9:00 – 5:00P
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration Open 1/2/2017)
- 3 **Date & Times:** Monday - Thursday 4/2 9:00 – 5:00P
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration Open 1/2/2017)
- 4 **Date & Times:** Friday 5/18 5:30 – 8:30P, Saturday & Sunday 5/19 & 5/20 9:00 – 5:00P, Saturday & Sunday 5/26 & 5/27 9:00 – 5:00P
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration Open 1/2/2017)
- 5 **Date & Times:** Monday - Thursday 6/11 – 6/14 9:00 – 5:00P
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration TBD)
- 6 **Date & Times:** Friday 9/14 5:30 – 8:30P, Saturday & Sunday 9/15 & 9/16 9:00 – 5:00P, Saturday & Sunday 9/22 & 9/23 9:00 – 5:00P
Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration TBD)

Options

American Red Cross Lifeguard- Review

The Purpose of a review course is to give individuals the opportunity to review the course content within a formal course setting. The review course format optimizes a participant's ability to successfully complete the knowledge and skills evaluations. The responsibility for preparing for the final written exam is shared by the instructor and the participant.

Participants will all receive access to an American Red Cross Lifeguarding Participants e-book (books will be available for use during the course but not sent home with the participants). Upon completion of this course participants will receive American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years and American Red Cross Administering Emergency Oxygen valid for 2 years.

Prerequisites: Current Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding/First Aid/CPR/AED certificate.

Fee: Member- \$75, Non Member- \$100

Options

1

Date & Times: Saturday & Sunday, 4/28 & 4/29 8a – 5p

Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI

Register at any MKE YMCA (Registration Open 1/2/2018)

2

Date & Times: Saturday & Sunday, 12/15 & 12/16 8a – 5p

Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI

Register at any MKE YMCA (Registration TBD)

American Red Cross Lifeguard Instructor Training

The purpose of the instructor course is to train instructor candidates to teach the American Red Cross Lifeguarding, Lifeguarding Blended Learning, Aquatic Attraction (Water <3'), Shallow Water Lifeguarding Waterpark Skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens Training courses and/or modules.

Participants will gain access to American Red Cross Lifeguarding Instructor's Manual and Participants e-book after completion of the pre-course session. Upon completion of this course participants will receive American Red Cross certificate for Lifeguarding Instructor valid for 2 years.

Prerequisites: Be at least 17 years old on or before the last day of the instructor course. Possess one of the following:

- A current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED
- A current American Red Cross certificate for Lifeguarding/First Aid and either an American Red Cross Certificate for CPR/AED for the professional Rescuer or an American Red Cross certificate for CPR/AED for lifeguards
- An Equivalent certificate from another organization.

1

Date & Times: Friday 2/9/2018 5:30 – 9:00P, Saturday 2/10 8:00 – 5:00P, Saturday 2/17 8:00-5:00PM

Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI

***Dates are Tentative and based on Interest* (Registration Open 1/2/2017)**

2

Date & Times: Friday 11/2 5:30 – 9:00P, Saturday 11/3 8:00 – 5:00P, Saturday 11/10 8:00 – 5:00P

Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI

Register at any MKE YMCA (Registration TBD)

YMCA Swim Lesson Instructor

This course awards the YMCA Swim Lesson Instructor Certification. After successful completion of this course, instructors will be able to identify components of the YMCA Swim Lessons continuum, demonstrate the behaviors of an effective YMCA Swim Lessons Instructor, maintain an inclusive environment of learning while keeping order in a positive and safe environment, employ swim teaching techniques that break down the critical features of a swimmer's skill progression at any age and stage and demonstrate the swim instructor's role in the safety process and during an emergency.

Candidates must be able to tread water for two minutes and demonstrate Stage 5 proficiency in at least four of the following six strokes by swimming 25 yards of each: Front Crawl, Breaststroke, Sidestroke, Butterfly, Elementary Backstroke, and Backstroke.

Prerequisites: Be at least 16 years old on or before the last day of the course. Complete Online Pre-requisite E-Learnings. Possess the following:

- A current First Aid Certificate.
- A Current CPR Pro / BLS Certificate
- A Current Emergency Oxygen Certificate

- o The Milwaukee YMCA offers these certifications on a monthly or bi-monthly basis. Participants who are interested in the YMCA Swim Lesson Instructor certification should contact Jacob Byrne: Senior Director – Aquatics at 414-357-2834 to register for these courses at no additional cost.

Options

1

Date & Times: Wednesday & Thursday 3/28 -3/29/2018 8:00 – 5:00PM

Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
(Registration Opens 1/2/2018)

2

Date & Times: Saturday & Sunday 6/9 – 6/10 8:00 – 5:00PM

Location: Rite-Hite Family YMCA • 9250 North Green Bay Road • Brown Deer, WI
Register at any MKE YMCA (Registration TBD)